

# Prebirth Memory Discovery in Psychotraumatology

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**Abstract:** We offer a compilation of case histories denoting the imprinting of mother's trauma during her pregnancy on her unborn child. Jon RG Turner, Co-Founder of the Whole-Self Discovery & Development Institute, Inc. and Sigrid Westermann, Co-Director of the Germany W-SDDI and author of *Die Antwort bist Du selbst* (Your Self Is The Answer: Whole-Self – An Inner Way) offer case histories which illustrate this principle.

The foundation of Prebirth Memory Discovery is traced to the early 1970s when Jon RG (at that time John-Richard) Turner, was in therapy practice in Beverly Hills, California, USA. He was receiving patients who had been given up by other therapists. He realized that these patients had explored their lives for five, ten, some even as long as twenty years. The idea came to him to ask these patients after the Whole-Self Relaxation Exercise if their mother's had experienced any trauma during their pregnancies. This was the keyhole to the psychological source of these patient's pathologies. For 30 years now, in 27 countries, Jon RG and his wife Troya have helped thousands of people to discover the source of their diminishing feelings and behaviors by exploring for possible trauma which their parents may have been experiencing during the nine months of their pregnancy.

In this presentation, Turner and Westermann share and discuss case histories in which patients discovered the source of their pathological patterns in the prebirth period. The realization that their reactive feelings and behaviors – were, in fact, the exact same feelings and reactions which their mothers had felt either in specific prebirth incident traumas or through continuous pervasive feelings, conditions or situations creates a movement to homeostasis. Once the prebirth source of the patient's feelings is discovered as those originally experienced by their mothers, patients are able to begin releasing from those feelings and behavior patterns. More extended cases from Maria Lee, W-SDDI Co-Director from Los Angeles, CA are included.

**Zusammenfassung:** *Das Aufdecken vorgeburtlicher Erinnerungen in ihrem Bezug zur Traumatologie.* Die Autoren geben eine Zusammenfassung von Fallbeispielen, die die Einprägung

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eines Traumas der Mutter auf ihr ungeborenes Kind während der Schwangerschaft zeigen. Jon RG Turner, Mitbegründer des Whole-Self-Institutes und Sigrid Westermann, Mitdirektor des Deutschen Whole-Self-Institutes und Autorin von „Die Antwort bist du selbst“, stellen eigene Fallgeschichten dar, die diesen Zusammenhang deutlich machen.

Die Gründung der „Prebirth Memory Discovery“ geht auf die 70er Jahre zurück, als Jon RG Turner (früher John-Richard) als Psychotherapeut in Beverly Hills, Kalifornien, arbeitete. Dabei sah er Patienten, die von anderen Therapeuten aufgegeben waren. Diese Patienten konnten über fünf, zehn und manche sogar bis zu zwanzig Jahre ihre Lebensgeschichte erforscht haben. Er entwickelte die Idee, diese Patienten nach der Whole-Self-Entspannungsübung zu fragen, ob ihre Mütter während der Schwangerschaft irgendwelche Traumatisierungen erlebt hatten. In jetzt 30 Jahren und in 27 Ländern haben Jon RG Turner und seine Frau Troya Tausenden von Menschen dabei geholfen, den Ursprung ihrer beeinträchtigenden Gefühle und Verhaltenseinschränkungen dadurch zu finden, daß sie mögliche Traumen erforschten, die ihre Eltern während der neun Monate ihrer Schwangerschaft erlitten haben könnten.

In diesem Beitrag teilen Turner und Westermann Fallbeispiele mit, in denen Patienten die Quelle ihrer psychologischen Konfliktmuster in der vorgeburtlichen Zeit fanden. Das Gewährwerden, daß ihre schwierigen Gefühle und Verhaltenseinschränkungen genau den Gefühlen und Verhaltensweisen ihrer Mütter entsprachen, die diese einem spezifischen vorgeburtlichen Trauma oder invasiven Gefühlen, Bedingungen oder Situationen gegenüber entwickelt hatten, half dabei, ein neues Gleichgewicht wiederzufinden. Wenn erst einmal der vorgeburtliche Ursprung der Gefühle eines Patienten entdeckt ist, so wie diese ursprünglich von ihren Müttern erfahren wurden, dann können die Patienten auch diese Gefühle und Verhaltensmuster verarbeiten. Es werden auch Fallbeispiele von Maria Lee, Co-Direktorin des Whole-Self-Institutes in Los Angeles, übernommen.

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### **How Trauma Patterns Become Encoded**

Basically, what has been discovered and developed is this Whole-Self Psychology hypothesis, is that whatever charged, shock or trance inducing, emotional events and/or diminishing circumstances, situations or ongoing conditions experienced by the pregnant mother get encoded into her unborn child. It must be added that the father's reactions through mother's response to his reactions are also encoding factors. How do trauma patterns experienced by mother during her pregnancy get passed on from mother to her unborn child? We suggest three primary levels of encoding:

- 1) inherited emotional family patterns. For example, mothers dying in birthing.
- 2) emotional reactions which mother and father are experiencing as a result of their traumas, pervasive situations or continuing conditions.
- 3) mother's physical response to the trauma or situation encoded by the adrenaline, nor-adrenaline and other hormones. When mother goes into a trauma trance so does her unborn child.

*When a trauma trance has locked into a mother and is passed on to her unborn child, even when the situation is resolved in an enhancing way for/by the mother, the child retains and lives the trauma pattern and not the resolution pattern.*

For example we can describe five specific steps in this process:

- 1) A pregnant mother is in a loving relationship with the father of her baby. In this loving feeling she is told that her partner has died. She reacts with devastation. Her baby's developing personality is encoded with mother's same emotional and physical hormonal (through the placenta) devastation.
- 2) Baby's developing personality does not yet perceive the meanings of the devastation but it experiences and retains the patterns of feeling love – than that love shifting instantly into devastation. The patterns baby's personality retains are that if it feels love it will then feel devastation. This is where one of the lifelong basic functions of the personality: to keep baby from feeling pain gets encoded.
- 3) Even though later in pregnancy, mother learns the truth that her partner is alive, baby's developing personality retains 'the love followed by devastation' feeling patterns and develops strategies to protect itself from any future repetition of such devastation. Baby might do this by not allowing any intimate loving relationships.
- 4) When the trauma shocks or impacts mother, and baby is simultaneously shocked and impacted, baby retains that shock or impact and is not capable of recognizing mother's subsequent resolution. In other words, even though mother's perceptions may have totally changed, her child is born with mother's diminishing reactions. There are several steps involved in this encoding:
  - As mother resists her trauma her emotions become encoded as a hormone charged emotional memory – a feeling memory which is later remembered by her child.
  - As mother emotionally reacts to her experience, she non-consciously makes judgements against herself. These non-conscious self-judgements are similar to non-conscious self-judgements recovered by her child in Whole-Self Discovery sessions.
  - At the same time that mother is resisting her trauma patterns and making non-conscious judgements against herself, she also makes non-conscious diminishing decisions about herself or her life. As mother experiences these emotional patterns her body is exposed to physical reactions. Hormone saturation of adrenaline, nor-adrenaline and other hormones experienced by mother's body as a result of her trauma are passed through her placenta to her unborn baby. This hormone saturation may be the encoding factor which the patient's body after birth "remembers".
- 5) After birth, baby's developing personality continues to live everyday of its life as though the diminishing event – mother receiving the information that her partner with whom she is feeling love is dead is continuing to be happening. The personality holds on to the belief – the reality for that personality – that the feelings that love is followed by devastation – mother's reaction to the shocking news cannot be escaped. Mother can intellectually integrate and resolve the trauma but baby's personality is trapped in the emotional *cul-de-sac*. This trauma trance can often be a key factor in a symbiotic relationship between mother and child where they are incapable of discerning and separating from each others feelings and reactions.

The essence of Whole-Self-Self Prebirth Memory Discovery is to identify the trauma patterns which the personality holds as a reality, a belief, and to de-hypnotize the trance pattern, for example that love must be followed by devastation. The Whole-Self of the impacted personality is able to replace the diminishing pattern with an appropriate enhancing pattern such as "Love is safe!". This is done by helping the personality to realize, recognize and release from the belief that the trauma is still happening in order to live free of the trauma trance.

Here we briefly note that Prebirth Memory Discovery suggests that there are 22 moments around gestation and birth which have been traced when prebirth and perinatal encodings take place for the child. It is these encodings which are educating the emotions with which the baby is born. It is during the second and third trimesters of pregnancy that the baby's little body is practicing for how it will function after birth. We suggest that the baby's emotions are likewise in rehearsal as baby experiences and is educated through mother's emotions.

### Most Frequently Passed on Traumas

The preface describes a brief history of how we discovered the connection between the trauma that mother may have experienced during her pregnancy and the pathological patterns her child can carry and retain through her or his life.

Once again, when we use the word trauma, this can be

- a single specific event;
- a recurring situation;
- or a continuing condition or circumstance.

In some thirty years of Whole-Self Psychology Prebirth Memory Discovery, there are a number of trauma patterns which have most frequently been presented. These are when:

- 1) pregnancy occurred during World War II or any other war condition. Fear for safety, death, lack of food, refugee status, unavailable medical support are included here. Occasionally, we get patients who were especially influenced by KZ Syndrome where the mother herself or her relatives were in a concentration camp in Europe or the Far East. Whole-Self Psychology can be effective in healing for these patterns.
- 2) pregnancy occurred outside of wedlock in cultures where marriage has been an essential pre-requisite to pregnancy. For example, when there are strong religious influences. Included in this category are pregnancies which are unwanted for any of various reasons.
- 3) pregnancy takes place in the midst of political upheavals or natural disaster.
- 4) there is betrayal of fidelity or even death of the partner.
- 5) non-conscious memory of an attempted abortion is discovered.
- 6) there is a non-conscious memory of a twin who had died *in utero*.
- 7) there is intercourse to save a marriage or relationship which is in crisis that results in an intended but most often unintended pregnancy. For example, one says, "Let's do it one last time!" "Let's do it for old times sake!"

### **Prebirth Trauma Case Histories**

The emotional pathology which is most frequently presented is depression. A number of these cases will be presented in this report. Three of five cases reported by W-SDDI Co-Founder Troya Turner-Groot illustrate such depression cases.

#### *Dale*

Dale is a female age 43. She presents depression – especially when not at home. She describes herself as lonely. Because she has no sense of belonging Dale feels paralyzed. An interesting point is that she has a very strong personality and has some fame so that she is publicly recognized.

In her Prebirth Memory Discovery, Dale visualizes that in the first month of the pregnancy, mother is in the children's room with the nanny. Mother feels helpless, hopeless and powerless because she has too much to organize. Mother is not allowed to fail! She feels pressure to be responsible and is compulsive to be accepted in society. She does not have time for herself nor the pregnancy. She needs attention from father but he is not there. When he is there his attention is never enough! Her emotional needs are like a dark bottomless pit which can never be filled. Although this pattern locks in during the first month of the pregnancy it is evident that it is a persistent and pervasive state all through the pregnancy.

In her depressed condition, mother non-consciously judges herself to be not good enough and helpless. But she firmly decides that she has to be strong. Remember mother is not allowed to fail! Thus, we have the source of Dale's conflict between being depressed and showing a strong face to the world to be accepted by public.

By discovering that her diminishing depression was actually her mother's state during her gestation, Dale realizes that it is safe to be a strong individual and to be recognized. She is able to develop ways to:

- make space for herself;
- give attention to herself without concern for justifying herself to others;
- discover what her emotional needs are;
- belong to herself and to present herself to the world;
- express herself and to feel at home in the world.

#### *Cathie*

Cathie is a female 47 years of age. Cathie presents depression plus grief about herself. She experiences her life as too busy. Self-motivation to overcome diminishing patterns can be a significant factor for a patient. Cathie knows that her depression is covering up feelings and she wants to start experiencing those feelings and resolving them. Her partner is a good father to their child.

In her Prebirth Memory Discovery, Cathie visualizes that her mother's trauma locks in during the second month of her pregnancy. Her mother is in the living room, ironing the laundry. She feels insecure about her husband. They live with his mother who constantly interferes in their lives. The worst situation for Cathie is that her husband does not protect her from his mother. Cathie wants her husband to be protective and successful like her brothers. Since he is not protective

nor successful, she feels trapped because she cannot express herself and there is no place to go in order to get away from her mother-in-law.

While in this case, we see a continuing, pervasive situation for Cathie's mother there is also a specific traumatic incident. One day, mother had received a visit from a friend, a man. Now, her mother-in-law enters the living room and is extremely upset yelling loudly because mother's male friend had visited her while she was home alone. From the mother-in-law's point of view, it was totally unacceptable for another man to visit when Cathie's husband was not there. She will denounce mother to her son and demand that he forbid such visits. Mother does not want to hear her what her mother-in-law is screaming at her. She tries to block off; to close her ears but she still hears her mother-in-laws vitriol.

Cathie's mother feels depressed and feels sorrow and grief that she must be exposed to such abuse. She non-consciously judges herself to be unworthy, not good enough, incomplete, hopeless and powerless. She determines that she will insist that her husband defend her from his mother and that he must protect her from his mother. Once again: When a trauma trance has locked into a mother and is passed on to her unborn child, even when the situation is resolved in an enhancing way for the mother. In Cathie's mother's situation, the solution to this problem was actually simple. She and her husband moved to their own home. But, the trauma patterns – don't listen, don't feel, don't talk were already locked into Cathie before she is born. And, those were the patterns she continued to experience until she discovered her Prebirth Memory.

Some other notable aspects to Cathie's case are that:

- the mother-in-law favored her son above her husband;
- the mother of the client favored her brothers over her husband;
- and this client married her husband after he had accused her of being in love with their mutual friend.

By discovering the traumatic event in her mother's life during the second month of the pregnancy, Cathie is able to develop new enhancing patterns to:

- open up to experience feelings even when they are unpleasant;
- make time for herself to experience feelings and to express them;
- start a new relationship with her partner so he can relate to her;
- accept and share her feelings with her partner.

By finding herself, Cathie is able to allow herself to experience a respectful, loving relationship.

### *Dolly*

Dolly is a female 42 years of age. She also presents with depression plus auto-mutilation, and is suicidal. She feels that she has control by smoking and this extends to eating disorders with periods of not eating and overeating and throwing up. These are, of course, issues of control over which she actually no longer has control.

In her Prebirth Memory Discovery, Dolly visualizes that in the fourth month of mother's pregnancy, mother is in the bedroom making the beds. She feels insecure about the future. Mother is in great conflict. She wants to be close to her parents, the woods and to finish her university studies. Her husband wants them to move

to Chile in South America for his work. Suddenly, mother wonders if she could be pregnant. "Oh no!" she screams as she strikes her belly with her fists and hits her head against the wall. She experiences pain and panic! She has no control. She non-consciously judges herself to be: unworthy, not good enough, incompetent, incomplete and powerless. She does not know what she can do. Finally, she accepts to give up her desires and goes with her husband to Chile. That is where Dolly is born. An even worse control trauma is set up for Dolly when her mother fails to deliver a male baby to dutifully satisfy her husband.

Dolly discovers that her overwhelming depressive feelings of having no control in life come from her mother having no control over her life, her residence, the sex of her baby. She develops behaviors by which to enjoy her own life/study and satisfaction! She no longer needs to feel controlling herself by auto-mutilation or by not eating or overeating or by smoking. She no longer needs to repress her needs, her feelings and emotions but to experience them. She is able to express herself, her flexibility and her creativity.

As was pointed out, Dolly's mother, because of her victim nature, was traumatized even though she submitted to the move to Chile on another continent in order to be with her husband. This trauma is even more disastrous when the pregnant mother is forced to leave her home by political or natural disasters and becomes a refugee. As we enter the 21st Century, refugee displacement is one of the most important challenges facing humanity. Pregnant refugees especially must be supported in order to avoid their children continuing the victim patterns.

### *Sally*

At age 20, Sally is the youngest female in this group. Already at her young age she presents her disappointments in life. She walks away from challenges believing that if she starts a new life it will be better; but she never finishes the new course. Because of eating disorders she swings from periods of not eating to overeating and throwing up.

In her Prebirth Memory Discovery, Sally visualizes a similar pattern to Cathie. It is in the third month of the pregnancy. Mother is with her mother-in-law who is interfering in her life and mother feels controlled. Mother is upset, but does not express herself in order to 'save' the situation; to not rock the boat. She regards herself as a victim, "Will this never stop?" is the silent scream shuddering to break free of her body. But to keep her feelings buried she stuffs food into herself. Mother feels fat and is upset! Everything is so heavy: her body, her life on earth. She non-consciously judges herself to be: not good enough and powerless. She does not say anything to her mother-in-law but decides. "I will show you! I will do it my way!" But she never does. She determines to do her best, her very best. But she never does. Mother wants to be left alone which does not happen. Therefore she is really fed-up!

By discovering her mother's entrapment, Sally is able to recognize how she has been living out her mother's trauma; her self-sabotaging lifestyle. She understands precisely how and why she has been replicating her mother's patterns of victimizing herself! She develops behaviors to stop punishing herself by not eating or by overeating. Sally begins to stabilize her life by finishing projects; by walking away from unnecessary and non-productive activities; from non-supportive peo-

ple; from life! She realizes that sometimes it is OK to rock the boat! And, she takes full responsibility for the confusion and commotion which used to unsettle her life. Sally has learned to accept and assimilate advice, help, and support in order to be successful in life. And, she has now accepted that is ok to be alive!

### *Gale*

Gale is a female 45 years of age. She presents very complex fear, nervousness and restlessness. She

- cannot focus on herself – her feelings or her thoughts.
- always wants to be somewhere else;
- is always busy for other people (She is successful in making other people happy);
- is afraid to be rejected if she does something nice for herself;
- refuses support from others;
- wants to do things for herself and then does not do them.

She desires to give more meaning to her life but does not know how.

In her Prebirth Memory Discovery, Gale visualizes that in the fifth month of the pregnancy her mother is at the laundromat doing her laundry. As usual she is always busy for everyone else. Today, she is doing laundry for all the people in her family. She feels that she does not receive love in her life. In the laundromat she feels restless, unsatisfied, sad and nervous. She is always nervous. As she is realizing this restless state of mind mother trips, slides and falls to the floor. She is swept with fear! Mother was thinking about herself and it is exhausting. Gale inherits that it is not safe to think or feel something for herself. Specifically, the moment she focuses on herself, as her mother was doing, something disastrous will happen to her just as it did for mother.

Mother non-consciously judges herself to be: unlovable, guilty, incompetent, incomplete, and powerless. At that instant, she decides: “I will stay dependent hoping to receive more love!” In Whole-Self Psychology we call this her strategy for survival.

Through her Whole-Self Discovery, Gale develops new patterns:

- to allow herself to safely feel her feelings and be aware of her thoughts;
- to safely allow herself independence – to live her own life;
- to develop self-love, self-acceptance and happiness;
- to relax and to be relaxed in the company of other people;
- to be sure of her self-support even when that means to accept help;
- to know that she is always at the right place for her own satisfaction while in doing so she inspires and supports other people to live their own lives and happiness.

This was accomplished when Gale recognized that the diminishing patterns she had been living where actually the hormone charged fear generated in her mother when she fell during the fifth month of her pregnancy. Once those patterns were recognized as her mother’s, Gale was able to release herself from them.



WSDDI Co-Director for Germany Sigrid Westermann reports five typical cases.

### *Petra*

A woman in her late 40s whom we can name Petra. All through her life Petra has felt *not wanted*. In exploring the prebirth source of her very strong rejection feelings, Petra knows that her mother was not married with her father. Both were important figures in their little town. The father was married with another woman and they had three children. Before the pregnancy no one in the town took any particular notice of the father's affair with her mother. Everyone knew about it but they did not judge the relationship. But, when mother became pregnant, that was too much. The people in that town could no longer ignore the relationship. And, because he was an important personage, her father had to stay with his wife.

When Petra's mother discovers that she is pregnant she does not realize what it means to be pregnant with this man's child. Likewise, father does not realize the impact of having this child with an unmarried woman will have on the townspeople. Petra's mother feels very hurt because the townspeople no longer accept the illicit relationship between her and father. And so, at that time, the relationship has to stop.

This rejection is a trauma which is felt during all nine months of the pregnancy. Mother has no relationship with what grows inside her. She looks upon the pregnancy simply as a medical condition as a doctor would. She tries to abort this unwanted object. But when the abortion fails, mother decides to raise her baby as something outside and separate from herself. That decision of mother is the exact reality which Petra has lived all her life. She had been functioning on the outside without any contact to herself. Now she is beginning to get a more complete view of herself.

So how has her mother's trauma affected Petra's life? Of course, the major pattern she has been afflicted with is the rejection which her mother had been feeling all through the pregnancy. The rejection of the townspeople from the outside and the mother's rejection of the pregnancy. At the life threatening rejection of mother's attempted abortion. During her own life, Petra has had several abortions repeating the rejection pattern which her mother had acted against her. Petra confesses that she has felt guilty about these abortions.

The last abortion when she was 45 years of age was significant in that she was able to change her behavior. Instead of rejecting and ignoring the baby as her mother had done and as Petra herself had done during her previous pregnancies, through her Whole-Self Petra talked with the child. She said, "This is not the right place for you! I am too old and I want to separate from your father!". Through this loving communication the pregnancy ended in a spontaneous abortion. Petra does not feel guilty because she was able to feel that this spontaneous abortion was okay for the child and for herself.

In the Prebirth Analysis Matrix, Petra was able to explore the feelings, thoughts, the self-judgements and diminishing decisions which her mother had experienced around her pregnancy and abortion, in such a way that she was able to relate to the child in her own pregnancy. In doing that, Petra healed the non-feeling that her mother had experienced towards Petra during that pregnancy.

Another aspect of healing for Petra was to enlist her Whole-Self to help her resolve the death of her father and her unresolved feelings towards him. She had known that he died of a heart attack. In the Whole-Self session, Petra discovered that he died with the heart attack because he could not give his love to her. That was the first time that she was able to experience that she was loved by her father. She had never perceived that before. She was very happy to discover the intensity of the love from her father.

### *Gudrun*

Gudrun often was thinking, not feeling, that she had to break up a relationship she was in, even when she felt with her body, that it was very good for her to be together with that man. Her main reality, her strongest diminishing decision has been that men will reject her. So, her strategy for survival had been to reject men first. She had already experienced a series of painfully ended relationships.

Gudrun also was conceived before her parents were married. So, she felt unwelcome. But in her Prebirth Analysis Matrix session Gudrun discovers that when her father is informed of the pregnancy he responds with happiness. This discovery heals her feeling that men do not want her. Did you notice that in both these cases, the emotional reaction of the fathers as well as the mothers had an influence on the emotional development of the babies?

The trauma of Gudrun's mother was that she wants to separate from father because he did a youthful misdeed years before. Mother had not known about it before. And, because she is from a noble family, when she discovers this misdeed, she decides that she must separate from him. She does not feel she has to separate. She does it only with her mind, in spite of the fact that she knows that she is loved by that man. So, Gudrun had been repeating the exact behavior pattern of mentally judging and rejecting men who loved her just as her mother had with her father.

### *Nadia*

Nadia makes love with a donkey of a man. She does not know that he is bi-sexual. He does not tell her that he is HIV positive and in the dark, he silently passes it on to her. Nadia is shocked that a man could do such a thing.

Looking back into her prebirth history, Nadia discovers that in the pregnancy her mother is taking care of her seven months old daughter. Mother looks at Nadia's older sister and she is shocked when she realizes that she had already dressed her and now she is naked. Only her husband could have done that. As she gazes at the little baby's genitalia Mother locks into the belief that the father must have sexually abused their daughter. She also decides that all men are beasts who are repulsive and disgusting. But, mother must remain silent about her reality. She believes that she is not worth being loved because sex is just to satisfy men.

Nadia's mother does not speak about problems. So, Nadia chooses a man, who does not speak about problems because in her belief system – her reality, it is not usual to speak about problems. Nadia feels unworthy to be loved. And so, her drug addict lover does not use a condom. She is not worthy enough for him to take responsibility towards her. And so, she chooses a man who is making love with

men, too. This reconfirms her mother's decision that men are repulsive. This bisexuality is a behavior she cannot accept. In her reality, in her belief system, such behavior and such men are disgusting. During her Whole-Self Prebirth Memory Discovery, Nadia recognizes that she has been acting out her mother's condemnation of men. Now, she is able to stop blaming men and can take responsibility for her own part in becoming HIV positive.

### *Annette*

Annette is overwhelmed with feelings of guilt and depression. Strong sexual patterns within a family can be sometimes be devastating. During her pregnancy with Annette, Annette's mother learns that her own father is ill with Parkinson's disease. Mother is shocked and becomes overwhelmed with guilt and depression. She is convinced that her father has the Parkinson's because she had enjoyed a sexual relationship with him when she was younger. Since her ill grandfather is still alive, Annette decides to take him into her house to care for him.

Through her Prebirth Memory Discovery, Annette releases her feelings of being guilty and depressed when she discovers that these are the feelings her mother has towards Annette's grandfather which are the problem. Annette discovers that her mother is depressed because she does not want to feel and acknowledge her sexual feelings towards her father. She is de-pressing these feelings and she is holding onto her victim pattern. These are Annette's reality, too. Just as her mother feels guilty about her father's Parkinson's, Annette thinks she is guilty because it is her fault that her mother is depressed. By releasing herself from her mother's guilt, Annette frees herself of her guilt that her mother is depressed.

### *Manuela*

Death can be a significant trauma during pregnancy. Manuela was in a workshop and she started a relationship with the guru of that workshop. Over two years he comes to visit her many times. When he learns that she is pregnant he cuts off the relationship saying: "The child is not from me!" Manuela is devastated! She decides: "It is terrible! I am a victim! I have to accept (to submit)! I don't have a choice!"

Manuela discovers that during her mother's pregnancy a sister of Manuela dies. Her mother is devastated! In going back into her Prebirth Analysis, Manuela realizes that she has been reactivating the feelings, self-judgements and diminishing decisions of her mother when her older daughter died. When Manuela recognizes this repetition of patterns she is able to release herself from her mother's shock at the death of the older daughter.

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Maria Lee, with Prof. Isabella Barajon, MD of Milan, Italy, is one of the International Co-Directors of the Whole-Self Discovery & Development Institute. Living in Los Angeles Ms. Lee has developed strong ties aiding young people in South America.

### *Annia*

Annia is 16 years old. She was born in Mexico and when she was 14 moved with her family to Los Angeles, California USA. Although Annia was not an overeater she was overweight tending towards obesity. As part of her hostility towards her family, people and the world she deliberately dressed in a shabby and nondescript way. Shy and reclusive she made herself inaccessible to her family. Annia was consumed with hidden and revengeful acts towards her immediate family. Underhanded and ruthless is the way she proudly and laughing loudly described herself. She was constantly argumentative, fighting for control and domination especially when she felt forced to do things – even if those were things she herself wanted to do.

Annia was fixated and organized on her collection of posters, cards and trivia. She only attached herself to animals keeping birds, a dog, a hamster and assorted other animals yet she refused to care for them properly or let anyone play with them. Finally, Annia spontaneously experienced suffocating heat even when just sitting. She is the youngest of three children within a family of hidden agendas and secrets. She came to the Whole-Self work under family pressure and custody battles.

In Mexico, when her mother became pregnant with Annia, against her wishes, her mother-in-law came to live with them. This mother-in-law took over the house and secretly counseled her son to leave mother. Mother felt controlled and demeaned by her mother-in-law as well as betrayed by her husband. Near the end of the pregnancy, mother was informed by the doctor that she must come to the hospital and be induced because he needed to go to the golf course for a scheduled game. Filled with fear mother asked father for support. He simply laughed at her when she shared her concerns. Her mother-in-law scorned her and refused to go to the hospital with her. Mother was filled with fear. She was helpless and abandoned. And, alone on the bus on her way to the hospital she was consumed with hatred and fantasies about revenge on her mother-in-law and her husband.. Agonizing on the bus, she became unbearably hot She was crying; gasping for air; her heart was pounding; she was trying to protect herself from the persistent flies on the dirty bus. Annia had relived this horrible bus ride every time she sat still. Mother vowed that after having her baby she would take back her home. And, mother vowed she would make them all pay. Clearly, Annia has been fulfilling her mother's patterns of rage and making everyone pay.

At first, during her one Prebirth Memory Discovery session, Annia tried to stay in her angry personality and was determined not to share with her mother. When Annia discovered that her feelings were not her fault; that mother was not rejecting her; Annia's issues with authority "dissolved". She laughed and pointed out for herself, "This is why I don't like to be told what to do! I get it!"

Annia had allowed her mother to sit in the living room in case she needed her. She felt remorse as she resolved her anger and the bottled up rage of her

control trance through laughter at the absurdity of what her mother and she had done. Over and over she cried and laughed so hard at her understanding that it had not been her own aberrant behavior, but that she was reliving the crises of her mother especially the hours just before Annia's birth. For the first time in her life, Annia understood and felt compassion for her mother. She was excited and brought her mother into the Whole-Self Discovery session to verify what she was discovering. Together they reviewed the events. By understanding her Mother's trauma and the hold it had on both their lives, Annia and her mother could both let go of their anger to uncover their loving and caring feelings toward each other. Annia only did the single Prebirth Analysis Matrix. Together they talked about it with me and this led to their first ever, open and loving conversation. Once it was clear I let them be alone for a short time. When we continued Annia dropped her resentment right there on the spot and it has not returned. Bonding that did not happen at birth now blessedly happened.

Annia has a more friendly outgoing healthy attitude. She has taken immediate responsibility for her actions; became more communicative; laughs and smiles. She has released and exercises her sense of humor and she goes out with her new friends. Annia looks at events more inclusively and requested to go to a youth camp to be of service to other teens. At camp, she was able to reach out to an adult who was supportive and loving. This relationship continues to flourish. She has become a leader in her school and in her community and she is treasured by many. She now initiates, speaks and reaches out to siblings. She has created balance between loving mother and father. She stops being in the middle of her mother and father's dynamics. Annia declares, "This Whole-Self Therapy was work but easy and fun – like undoing our own puzzle!" She has lost 30 lbs. without a diet and takes care of herself and her pets.

Annia appreciates and thanks her mother and she commits herself to the Whole-Self process. Annia's mother, herself, has completed Whole-Self Discovery along with her oldest daughter so she understands how to support both her daughters through the new relationships they are developing together.

### *William*

William, a 48 years old male American with European heritage lives Santa Cruz, Ca. USA. William was a Global Visionary with a brilliant mind. He presented his focus on Ecological and Spiritual transformation on the one hand and severe addictions to drugs, alcohol and extremes from ecstatic highs to suicidal lows. Most of the time he would be in euphoric states even when not taking drugs. "Escapism", he says, "is my best friend!"

William came to Whole-Self Discovery because of unresolved issues of self-esteem; confrontational situations in spite of his loving attitudes; ultimately having to conform to others needs due to feeling he must keep the peace; and tremendous fear of authority. To shut out his pain, he got high on drugs, loaded on alcohol or spaced out to go into denial.

William is an amazing initiator of huge projects. He would invite other people to participate in his visions then alienate them with his addictions. Inevitably, he ended up feeling betrayed, cheated and victimized financially every time. Unable to afford a home since his divorce over ten years ago he had been living in his van

moving from place to place. He was torn with painful memories of his now grown children who had avoid him and stayed out of touch. He was ashamed of this state of affairs and had tried over and over to stop his addictions. When things went wrong he lied or withheld information for fear of being rejected or humiliated or worse being potentially physically confronted. He is masculine and capable. He stayed away from women who got too close. He stepped over other people's boundaries continuously and people who loved him would finally reject him.

William discovered that when his mother was a teen she became pregnant by a teen boy. Mother, in a constant state of confusion and crisis, went to her family seeking familial support. Instead she was shamed publicly in front of her mother and brothers by her father whom she loved deeply. Her mother did nothing but cringe. William's teen mother was also rejected by her young partner and his family. Now without support of any kind, mother feels dirty, guilty, dumb and decides she must be very bad and now no one will love her. Time becomes a strange incomprehensible event and this young girl experiences a strange phenomenon. She psychologically separates from her body to survive for herself and her child. This was exactly the state William was seeking each time he dropped into his addictions.

William's breakthrough came with a realization that released tears of joy. He discovered that this young girl preferred to be thrown out of the home she had been so safe in than give up her beloved child. Himself! "I now see the whole scenario of my life flash clearly before me. My mother really loved me! She was very wise! I will honor her memory by treasuring my life as she did!", says William. He vowed to his friends he would now quit his addictions one by one but in a moment of weakness he returned to Cocaine and he almost died. Suddenly, all his male friends ran to support him, stood by him and prayed for him. As a result, he chose life consciously and succeeds now in his life endeavors.

During his time of transition and recuperation, William also reached out to his children who now have invited relationships with him. He lives in a beautiful home on a mountain overlooking the Pacific Ocean. He visits his children frequently. He is "clean" of his addictions; years have dropped off his face; and he works with Non Profit Organizations; with men and women who treasure his inspirational leadership. He has made amends to those whose lives he affected and regained his self-love and self-esteem maintaining a healthy life-style. His joy is now stable and deep. William is a quieter, more reflective, respectful human being.

### *Mariana*

Mariana is 37 years of age, of Jewish up bringing, from Colombia, South America. This young, playful, feminine, woman has battled for self-esteem all her life. In a large body, she felt as if a huge weight was hanging on her. She could not accept herself and felt inadequate especially since she was overweight and no diet had been able to help her to reduce her weight. During Ramadan she fasted for the whole period. Wanting to be nurtured, Mariana was hiding/retreating from external life when times got pressuring or stressful. A gentle spiritual soul, she is aware of her special gifts; speaks three languages; global thinker; a school teacher; and often gets the opportunities to be of service in her spiritual practice and other projects. She goes forward towards these commitments and then runs away and avoids completing them. She wants to be accepted and loved as she is one minute

then it changes to an attitude of “If they don’t like it, too bad!” to cover potential future disappointment.

Mariana came to Whole-Self Discovery frustrated about her life; frustrated that she was afraid to approach people. She sometimes also did not see that she was being used and became defensive and protective of those people when others warned her “be careful”. When it didn’t work out she was sad and lost her energy. But, she wanted to understand and upon hindsight could see how she had been victimized: “Oh! I see it now!” or “I understand how it all happened!” and “I was too involved to see it then!” were phrases in her life.”

In the Whole-Self Prebirth Analysis Matrix process, Mariana discovered that her mother went into a terrible turmoil about her appearance, feeling fat and heavy at the beginning of the pregnancy. By the ninth month, the thought of how fat she looked and how heavy she felt was overwhelming. She judged herself as unacceptable and inadequate. Mother’s strategy was to go to bed, become like the child herself and then father would pamper her”. “Mother imagines that if father loves her he must accept her that way!” Mariana had adapted the same realities.

Now, a wife and mother herself, Mariana understands why she was feeling resentment towards her husband. He would not pamper her and support her childish behavior. Marian’s children need her and she now can be their mother. Also, she connected to her rescue behavior and why she could not go out in the world and welcome the success she so desired. She had believed that if she had gone out into the world she would not be nurtured. Now, she acknowledges that her false belief came from her mother. A big sigh of relief escapes her as she no longer has to act it out.

Through this Whole-Self process Mariana became understanding of her mother and of her own weight challenges. Keeping the weight on was a trance that protected her from having to go out into the world and feeling good. Now she is becoming a dulah to support women in birthing. She is very happy. She has learned to play with her children and enjoy doing it. Her control trance has been clarified. She has lost 40 lbs in six months without dieting and her self-renewal has strengthened her relationship with her mother which had been very strained. Mother also was released in many ways as she saw her daughter grow-up and become self-sufficient emotionally.

## **Conclusion**

David Chamberlain points out that babies not only have feelings but can forge relationships and are capable of developing strategies. Babies are born with specific emotions clearly visible on their faces and through their behaviors. Anyone who has observed births has seen that these new born visages can range over a variety of expressions including voice recognition and smiles, to sadness and depression, to anger, to rage.

Peter Fedor-Freybergh urges us to: “Remember that the prenatal stage of life in the mother’s consciousness and womb is our first ecological position as human beings. This is our first human encounter where we as children found ourselves involved in a creative dialogue with our mothers and their biological, psychological and social environment.” For the future of humanity, it is imperative that we

all dedicate ourselves to create the most enhancing circumstances and conditions in which this pregnant dialogue takes place.

We have offered just a sampling of cases which support the concept of Psychotraumatology. We trust that these cases will give you pause and inspiration in understanding that many of the problems which people are dealing with are sourced in the reactions to traumas which their mothers and fathers experienced during pregnancy. It is these feeling patterns which continue to be lived out as pathology by their children. It is these feeling patterns which when explored in Pre-birth Memory Discovery can be healed. We invite you to share your experiences with us.

### Some Resources

Over the last thirty years of thousands of papers have been published in this field. The International Journal of Prenatal and Perinatal Psychology and Medicine is now in its 11th year of publication under the editorships of Peter G. Fedor-Freybergh and Ludwig Janus. The Association of Pre- and Perinatal Psychology and Health founded by Thomas R. Verny, established the Journal of Prenatal and Perinatal Psychology and Health edited by Ruth J. Carter. Both have developed web sites on the internet: [www.isppm.de](http://www.isppm.de) is in English and German with abstracts in several languages. David Chamberlain, Ph.D., past President of APPPAH, edits the extensive and comprehensive APPPAH [www.birthpsychology.com](http://www.birthpsychology.com). He himself has a bibliography of nearly fifty publications which are a rich resource for research information. Madame Marie Bretin has founded the Association for Education Prenatal with national chapters in 15 countries. ANEP:Italia has published the journal *Educazione Prenatale*. There are several other associations and societies in prenatal and perinatal psychology and medicine specialties.

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