

Prebirth Dynamics in the Formatting of Relationships & Reactive Attachment Disorders©2005

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Presented at the 16th International Congress of the ISPPM
The Anthropology & Psychology of Pregnancy & Birth
Heidelberg, Germany 2-5 June 2005



Attachment & Bonding are critical in human development. When a newborn enters the world & healthily attaches to mother/father during infancy & toddlerhood, the effects generate essential neurological development, as well as appropriate social skills & behaviors & emotional balance. Such early attachment relationship creates health & trust - yielding lifelong, safe & appropriate & supporting relationships & success.

Increasing numbers of infants & children are floundering in a sea of neurological underdevelopment, dysfunctional & uncontrollable emotions which can generate various degrees of inappropriate, unsocial even anti-social behaviors. We are shown news reports of children murdering their classmates or families because of inappropriate or non-existent attachment in the infant & blocked bonding in the parents. The American Psychiatric Association DMS-IV identifies this pathology as Reactive Attachment Disorder of Infancy & Early Childhood - RAD. The authors hypothesize & describe a benign parallel system which they call Reactive Attachment Order - RAO.

An imperative in Prenatal Psychology is that baby be wanted & welcomed into the family, even before conception, but minimally, during pregnancy. That is the beginning of appropriate Attachment. When the child is not wanted; when mother is emotionally unavailable during pregnancy & through the first 3 years of life; when there is separation through early hospitalization & adoption; when there is early abuse on any level - such failures can result in anti-social, abhorrent, destructive even murderous behavior in these afflicted children & teens. Starting with the same Dysattachment, RAO children are dedicated to enhancing humanity.

Now, Attachment & Bonding Theory is recognizing that healthy, trusting behaviors are not just conditioning after birth but can be traced back to pregnancy. Life begins symbiotically in the parent's physical, mental, emotional & spiritual ecologies. In Whole-Self Psychology, baby's health & balance of body - particularly essential neurological development - mind & emotions come together, making gestation, not only the first, but also most vital environment.

One aspect of treating RAD afflicted children is through Prebirth Memory Therapy[©]. Science has proven that each of us is the synthesis of the genetic coding of our parent's DNA giving us our physical characteristics. Over 35 years ago, the Turners discovered the emotional DNA[©] (eDNA[©]). The Whole-Self Prebirth Analysis Matrix[©] [PAM[©]] helps us to discover that we also are the synthesis of our parent's charged mental, emotional & psychological patterns.

Based on their workshop presented at the 16th International Association for Treatment & Training in the Attachment of Children (ATTACH) in October, 2004, the Turners discuss the link between Reactive Attachment Disorder, Reactive Attachment Order & Prebirth Memory. They describe the formation of the emotional DNA (eDNA[©]), its influence & the possibilities to balance innate prebirth relationship patterns in RAD & RAO children & adults.

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What is Prenatal Psychology?

As an introduction to our paper it is appropriate to know some definitions & parameters of Prenatal Psychology & the arena of humanity it serves to heal.

For this, we quote from the website of the **International Society of Prenatal & Perinatal Psychology & Medicine** (www.isppm.de)

“ISPPM is devoted to the initial phase of human development - prenatal & perinatal life.

ISPPM considers this earliest stage of life as the first ecological position of the human being & the womb as its first ecological environment.

Pregnancy is perceived to be a period of active & continuous dialogue between the prenatal child, the mother & her psycho-social environment.

From a holistic view, human life is recognized as an indivisible entity & continuum of all human functions, both physical & psychological in which no division between "body" & "mind" can be made.

This comprehensive & holistic approach is also reflected in the interdisciplinary character of the ISPPM membership.”

In a simple sentence, Prenatal & Perinatal Psychology is dedicated to assisting those who have experienced diminishing gestation & birth & early infancy to recognize & release dysappropriate early experiences in order to live an enhanced & balanced life.

What is the Meaning of Formatting of Relationships?

Formatting means the blueprint, the matrix, the setting, in this paper the precursor for relationships to be able to be set in life.

Primal patterns are what set the course for the experiences in relationships each person will activate during life.

Primal Relationship Patterns Exist Before Birth!

These primal relationship abilities begin in the symbiotic connection between baby & mother when baby is energetically attracted to mother's consciousness even before conception.

When baby's consciousness is energetically attracted to mother by her mental & emotional patterns

- particularly the 'charged' mental & emotional patterns - baby's mind & emotions begin a process of being educated in mother's mental & emotional consciousnesses weeks, months, sometimes years before conception takes place.

'I'd like to introduce myself!'

Since the beginnings of motherhood, mothers have reported being contacted by a baby before conception.

This was often through the dimension of dreams during sleep.

Chryss from near Milton Keynes in the UK had a grown up family.

One night she had a dream in which a little girl introduced herself as **Lacey** & announced that Chryss would be her mother.

Next day, when Chryss told her husband about the dream

they both laughed because some time before he had undergone a vasectomy as a control against having a new generation child.

It was Lacey who had the last laugh when two years later she was gazing lovingly into Chryss's amazed eyes.

It was Lacey who foresaw that her father's vasectomy would reconnect.

As Ludwig Janus Past President of ISPPM states on www.isppm.de :

"Research in the field of prenatal psychology has extended our life-history back to conception & beyond - right back to our parents' thoughts & plans for a child of their own."

Elizabeth Hallett has researched this pre-dimensional consciousness on the **Association for Pre & Perinatal Psychology & Health (APPAH)**

Website: www.birthpsychology.com .

Hallett has edited a fascinating series of articles in the *Life Before Birth* section *Communication Before Conception: Spiritual Frontier*.

'It's all your fault!'

Whole-Self Co-Director for Germany, **Sigrid Westermann** presents an example of prebirth psychology sourced problematic behaviors:

"Louise described many problems her parents had with each other during their pregnancy - Louise's gestation.

Mother feared that she would die giving birth to this child (Louise).

Therefore, she had not wanted to become pregnant.

But, the father had made a connection to the non-conscious level of the mother, &, deep down, there was a strong desire for a child.

But, on the conscious level, he now was held responsible
& blamed for an unwanted pregnancy.
The physical, the emotional & the spiritual levels of her mother
wanted a child. But, her mind did not recognize that.
It could only resonate with mother's fear about birth death
& from the logical point of view could only resist the pregnancy.
And, therefore, the mother not only rejected anything to do
with the pregnancy but also the father of the child,
who - in her mind - had forced the pregnancy on her.

Beside her fear of dying, Louise's mother fantasized
that she could be with an old lover of hers,
whom she had not married because he seemed too boring.
During her pregnancy, Louise's mother was unable to connect
with the love she actually felt for her husband.
The fear of dying while giving birth gave no possibility to recognize
other feelings or emotions, & behaviors of Louise's mother.
The feelings during pregnancy towards the father were shadowed
& taken over by her fear of dying.
Mother could not let him feel the love she had for him;
she was not conscious of her positive feelings;
or her desire for another man to be by her side.

This behavior changed immediately after she had given birth
to Louise without any complications.

Louise's mother had survived giving birth
& she was happy to be the mother of a healthy daughter
&, she has no more reason to reject her husband.

Louise finally has discovered the precise source of her
pervasive diminishing relationship patterns.
She recognized that she has been acting out her mother's
muddled relationship patterns - Mother's Emotional DNA - her eDNA."

The # 1 Whole-Self Principle states:

**'I cannot change something
until I know what needs to be changed'**

Now in subsequent sessions with Sigrid, Louise knows exactly
what she needs to work on to balance her diminishing pattern:
her emotional reactivity in relationships.

When is baby created?

**Mother does not get pregnant
& mysteriously baby's consciousness is created.**

**Baby's consciousness already exists
& is relating with mother before conception!**

As illustrated by **Sigrid Westermann**, Primal Relationship Patterns
are forged by the charged mental & emotional experiences

in the relationships of mother, (& father as impacting mother,) & through all other relationships impacting both of them in their lives during the 9 months of pregnancy with baby.

Specifically, in over 35 years of clinical practice, Whole-Self Psychology, Philosophy & Education has discovered & developed the hypothesis that the ability or inability to

- a) not create any relationships;
- or b) create relationships & to keep destroying them
- or c) create relationships & to sustain those relationship for extended periods (life-long friendships)

are already locked into baby's developing personality for this life during the 9 months of her/his gestation.

These prebirth relationship patterns are able to be Discovered, Resolved & Released through the Whole-Self Prebirth Analysis Matrix© or PAM©.

And, Why Are Relationships Important?

'Everything that happens in the world happens through relationships. Whenever two people come together, even for a moment, they exchange looks, feelings, thoughts, ideas & energy. In the mirror of another person we see ourselves more clearly - our gifts & our limits, our desires & our needs.' Linda Marks

Relationships are important because each relationship is a mirror reflecting back to me the most engrained diminishing beliefs (my realities) & behaviors I came into life to change.

What is Reactive Attachment Disorder of Infancy & Early Childhood?

The American Psychiatric Association defines RAD in its DSM IV 313.89:

- A. *Markedly disturbed & developmentally inappropriate social relatedness* in most contexts, beginning before age 5 years, as evidenced by either (1) or (2):
 - (1) *persistent failure to initiate or respond* in a developmentally appropriate fashion to most social interactions, as manifested by *excessively inhibited hyper-vigilant, or highly ambivalent & contradictory responses* (e.g., the child may respond to caregivers with a mixture of approach avoidance, & resistance to comforting, or may exhibit frozen watchfulness);
 - (2) *diffuse attachments* as manifest by *indiscriminate sociability* with marked inability to exhibit appropriate selective attachments (e.g., excessive familiarity with relative strangers or lack of selectivity in choice of attachment figures).

Pathogenic care as evidenced by at least ONE of the following:

- (1) persistent (continuous) disregard of the child's basic need

- for *comfort, stimulation & affection*.
- (2) persistent disregard for the child's basic *physical needs*;
 - (3) *repeated changes of primary caregiver* that prevents formation of stable attachment (e.g., daycare, foster care).

What is Attachment?

Following on from Sir John Bowlby, Kate Moss focuses on a comprehensive definition & description in *What is Attachment?* on the Association for Treatment & Training in the Attachment of Children (ATTACH) website: www.attach.org.

“Attachment is a reciprocal process by which an emotional connection develops between an infant & his/her primary caregiver.

It influences the child's physical, neurological, cognitive, & psychological development.

It becomes the basis for development of basic trust or mistrust, & shapes how the child will relate to the world, learn, & form relationships throughout life.

Healthy attachment occurs when the infant experiences a primary caregiver as consistently providing emotional essentials such as touch, movement, eye contact & smiles, in addition to the basic necessities such as food, shelter, & clothing.”

Attachment & Bonding

Prof. Dr. Peter G. Fedor-Freybergh gives a keynote:

"Remember that the prenatal stage of life in the mother's consciousness & 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 & their biological, psychological & social environment."

In some four decades of contemporary Prenatal & Perinatal Psychology key theoretical elements include **Attachment & Bonding**.

Attachment & Bonding are totally natural in indigenous cultures.

Jean Liedloff described these millennia old patterns most eloquently in her book *The Continuum Concept: In Search of Happiness Lost* (Classics in Human Development).

As civilizations advanced & medical imperatives took control of birthing, maternal knowings about Attachment & Bonding all but disappeared.

In the mid 20th Century, Attachment & Bonding were ‘discovered’!

First hypothesized by Sir John Bowlby, Attachment defines baby's ability, after birth, to develop safe & secure relationship abilities. But these ability parameters do not begin after birth.

As stated by Ludwig Janus, we concur that such relationship abilities begin before birth - begin through a psycho-spiritual symbiosis

even before conception.

Whole- Self Psychology, Philosophy & Education refines slightly **Attachment** as focused on the prenatal psycho-spiritual communication between baby & mother when baby's consciousness energetically, symbiotically contacts mother.

Bonding can focus the physical as well as psycho-spiritual processes of communication & loving connection between mother & father & their baby.

Peter Fedor-Freybergh defines this communication as 'the **mother/baby dialogue** (father included)' as essential even before the beginning of the new life.

As mentioned, Attachment & Bonding begins **symbiotically** for every human being when baby's consciousness is energetically attracted to mother's mental & emotional consciousnesses. It is mother's charged emotions & mental attitudes which magnetically draw baby's consciousness to her

Relationships are the most valuable tools I have for my individual & group growth, development & evolution!
My child, natural or adopted, is also my mirror.
What images are my child reflecting in me that I need to balance?

In parent/baby relationships, there must be communication on many levels.
Grigori I. Brekhman has shown that there exists a communication system between mother & her unborn child on all levels during pregnancy.

In the book *Phenomenon of Violence*, in his multi-entitled paper "*Mechanisms & Ways of Interaction Between Mother & Unborn child. Mother as a "Transmitter" of Violence to the Child. Violence Against Women - Violence Against a New Generation of Humanity*" Brekhman states:

"The zygote becomes a new resonant mass, generating already on its own frequency, an Electro Magnetic wave.
When the zygote appears, the EM situation changes:
two energo-information subsystems (the mother & the child) take place in synergism & joined by one range of frequencies.
Zygote with its own frequency range instantly intersperse in the "multiple-voices of chorus" of mother's genome ("The gene is an orchestra and chorus..." Lubischev A.A. wrote) & other structures, organs & systems sounding in mother's organism, bringing in its own information, its own "solo", which begins to subordinate to itself the mother's bio-rhythms, metabolic processes, emotions & mentality.

In the process of expansion of the genetic program according to the wave holographic plan of development the new multiple-cell organism forms new wave communications between its cells, their sub-cell elements, & genes.

Simultaneously, with the fetus, within mother's organism, there is a search for similar structures having the same range frequencies.

After the establishment of the wave communication between them from the fetus's structures to the appropriate structures of the mother, the information is constantly directed by the processes of the fetus.”

Symbiosis

Are these feelings mine or yours? or yours or mine?

Every human being begins this life in symbiosis with her or his mother by being psycho-spiritually energetically attached to her mind & by sharing feelings & emotions even before conception.

This symbiotic relationship should begin to separate into individuation by the age of seven.

When individuation does not occur in childhood it becomes pathological.

In Whole-Self Psychology, Energetic Communication begins between mother & baby on all levels (Brekhman) through their symbiotic relationship initiated before the moment of conception either

through mother's desire to become pregnant or baby's need to become educated through mother's & father's charged mental & emotional experiences - or both.

It is at the moment of symbiosis not the moment of conception when the consciousness of baby can begin communicating with the mother to whom baby is energetically attached.

When this process is interrupted Reactive Attachment Disorder locks into the child, & as we see in the news, develops into today's child & adult sexual & murderous predators & terrorists.

RAD & Terrorism

A tragic illustration of Reactive Attachment Disorder & terrorism can be seen in alleged terrorist Yasin Hassan Omar.

Being serially foster-homed made attachment & bonding almost impossible.

We know little of his life of in Somalia but his years in foster care are suggestive of RAD formation.

In June, 2005, the London underground was rocked by three bombs & a bus was destroyed killing over 50 people.

A week later, further bombings were attempted but failed.

One of the alleged failed bombers was identified as Yasin Hassan Omar.

Quoting Robert Mendick in the British News Section of the Cyprus Mail:

“Much of Omar's early life was spent on the move. He arrived in Britain from Somalia at the age of 11 with his elder sister in 1992 & was put in foster care. Omar passed through a succession of foster families

until he turned 18 when he was assessed as
a “vulnerable young adult”

The Frayed Cord©: Unraveling of Attachment & Bonding Process

Kelduyn R. Garland describes, “parent & child attachment as
a biological & psychological need -- rooted in thousands of years
of evolution since the development of the mammalian brain.
This bonding is critical for healthy emotional, social & physical
development.

The *fraying* of this attachment & bonding process spawns violent
temperament, personality & behavior, & is a causal dynamic
underlying **Reactive Attachment Disorder**.

This *fraying* is a dynamic phenomena that knows no cultural, status
or socio - economic boundary, & underlies the violence
that is increasingly pervading societies throughout the world
to global impact proportions.”

Garland concludes, “The bio-physio-emotional relationship between
a preonate/neonate/infant & his/her mother significantly
influences brain/neurological development
& establishes the foundation for personality
& temperament, & development of life relationships.”

**Expressions of Attachment & Bonding include eye contact,
holding, talking, mental, emotional & physical nurturing.**

It is all in the eyes!

Michel Odent tells us that when there is a lack of eye contact bonding
within an hour of birth a DNA packet in mother’s brain fails to trigger
& she is deprived of her natural knowing of mothering.

At the same time, baby is deprived of the DNA packet giving her or him
the ability to feel love, compassion or empathy for her/himself,
for mother or for any other human beings.

One of the most tragic presenting patterns many therapist are faced with
in today’s world is the mother who comes to session saying,

‘I have this beautiful baby, but I do not feel any love for this baby!’

She says ‘...this baby’, not ‘...my baby’ because she has no feelings
with or towards ‘this baby’.

As **Grigori Brekhman** has shown, there exists a communication system
between mother & her unborn child on all levels during pregnancy.
For mothers who have no feelings towards their babies,
it is because at then birth of their babies they were deprived
of opening those channels of mutual emotional communication
or connection with their babies.

In this worst aspect of not having feelings, **RAD** children have no conscience. These are the children who kill other children, their families or strangers.

In this paper, we hypothesize that **Reactive Attachment** has two faces:
Reactive Attachment Disorder - RAD

& Reactive Attachment Order - RAO

Both RAD & RAO babies lack healthful bonding & attachment patterns.

Both have diminished emotional capacities of not having feelings.

Both strongly develop their mental capacities

(even when there is initial mental deficiency)

to compensate for their diminished emotional capacities.

RADs, without conscience, go into dyslogic & aberrant behaviors.

RAOs, with conscience, go into logic & beneficent behaviors.

In **RAD & RAO** pregnancies this communication system may not be functioning, first, in the mother, then, consequently, in baby.

In **RAD** parents this non-communication can be because they are against having a baby & they may even try to violently abort what they judge to be 'a thing'.

In **RAO** parents this can be because even though not wanting a baby - say for medical reason - they are resigned to the birth.

As **Thomas Verny** has pointed out, some mothers & fathers are 'managers' & some are 'parents'.

The **RAO** mother who feels no love her baby mentioned above is 'a manager'. She can take care of the physical needs of 'this baby' but she has no emotional capacity to love 'her baby'.

'I was not wanted!!!'

When for whatever reason, **rational/logical**
or irrational/dyslogical,
baby believes s/he is not wanted
it is only the degree of mental & emotional charge or discharge,
as well as emotional instability or stability of the parents,
who birth an **RAD** or an **RAO** baby.

Does being wanted or not wanted really matter?

In **Whole-Self Psychology**, when we have patients who have been told or confirm through the **Whole-Self Prebirth Analysis Matrix** that mother or father did not want them,
their personality gets locked into the belief - their reality
- that '... mother or father did not want me!'

This belief can be very disconcerting even for **RAD & RAO** people

who do not have feelings.

For people who have feelings the belief becomes a painful reality. **Whole-Self Psychology** has a simple exercise for neutralizing this reality. If you carry a sense of early parental prenatal rejection, perhaps you would like to experience this Whole-Self healing moment. If so, after reading the question below, please close your eyes & sense the answer to this question given in the first person:

‘Please allow your Whole-Self to let you experience did mother or father not want me, or did they not want a pregnancy?’ (Pause for a moment.)

Inevitably, I discover that one or both **did not** ‘not want me’. They may not have wanted a pregnancy. (Pause to reflect.)

The simple truth is that they could not have ‘not wanted me’ because they did not know me.

Their rejection could have been because of medical advice to not get pregnant.

It could have been their self-doubt or thought of not being able to provide for a baby which guided them into the thought of not wanting a baby.

Even though after birth, parents may be very loving toward their new baby, baby is already programmed **diminishingly into Reactive Attachment Disorder or enhancingly into Reactive Attachment Order.**

Here it can be in the DNA

Following up on **Michel Odent’s** research on the importance of eye contact to open the communication DNA packet in mother which informs her about mothering & baby about love, compassion & empathy we come to the debate about **nature or nurture** as more formative.

In this arena, **Cell Biologist Bruce Lipton** in the **APPPAH Journal** writes that it is both:

“Leading research in cell biology reveals that ‘environmental signals’ are primarily responsible for selecting the genes expressed by an organism.

A new perspective is in direct contrast with the established view that our fate is controlled by our genes.

The new emphasis on nurture (environment) controlling nature (genes) focuses special attention on the importance of the maternal environment in fetal development.

In addition to the established role of maternal physiology, it is now recognized that maternal behaviors & emotions profoundly impact the child's physical development, behavioral characteristics, & even its level of intelligence.”

Prenatal & Perinatal Causes of RAD Patterns

Thomas Verny clearly states a profound truth about ‘Birth & Violence’:

‘It takes much neglect, rejection, humiliation, physical maltreatment & sexual abuse to transform a tiny, trusting, innocent human being into a callous, cruel & vicious youth & adult.’

It is exactly this destructive action by sometimes well intentioned parents, as well as obviously psychotic or socio-pathic fathers or mothers, which are the stated histories of the predatory & murderous behaviors described by violent offenders in prisons.

There is one main cause of **RAD** which is hardly ever acknowledged. These are the whippings, beatings, punishments, verbal or abuse inflicted on children by sincerely religiously convicted parents who have believed the misconception by some in the Freudian & religious communities that babies are born little monsters & that if the parents do not tame the wild beasts, the beasts will devour them.

A chilling description of **Reactive Attachment Disorder** can be read in “*Dandelion on My Pillow, Butcher Knife Beneath.*” It is the true story of how a family lived with & offered amazingly loved kids who killed to heal them. It is written by **Nancy Thomas**, her daughter Terena & Beth Thomas a child their incredible love saved.

The following lists are some diminishing patterns experienced by mother, & through her charged emotional & mental reactions, by baby during pregnancy & by baby after birth.

- 1) Mother’s sudden &/or traumatic separation from loved ones & for baby primary caretaker through illness, hospitalization & death.
- 2) Physical, mental, emotional, or sexual abuse pre or perinatally.
- 3) Neglect of her needs &/or abandonment of mother during pregnancy & by baby after birth.
- 4) Illness with unrelenting pain in both mother & baby.
- 5) Frequent moves &/or temporary foster family placements.
- 6) Inconsistent or inadequate care at home or in day care. Mammals need safe nests. Tragic Romanian Birth Policy.
- 7) Chronic depression by parent or caregiver.

After birth RAD children can exhibit ‘child from hell’ patterns:

- 1) Hyper alertness to counter terrors of destruction & survival reactivity.
- 2) Refusal to make or hold eye contact
- 3) False charming acting out.
- 4) Inappropriate feel goods with strangers.

- 5) Inappropriately demanding & clinging with strangers.
- 6) Revenge by refusal to receive or give affection or respect with parents or caregivers.
- 7) Continuous talking & annoying stupid questions.
- 8) Poor peer contacts.
- 9) Extreme overt &/or sneaky control patterns.

Because of neurological deficiencies RAD Children

- 1) Do not have conscience nor fear consequences for bad actions.
- 2) Do not perceive consequences for wrong actions.
- 3) Can have learning disabilities & development delays.
- 4) Can have critical inability to control reactive impulses.
- 5) Can have hyperactive behavior.

Because of disturbed emotional development RAD Children can display:

- 1) Infantile fear & outrageous rage.
- 2) Incoherent &/or confusing speech patterns.
The speech center seem to be miswired.
- 3) Aberrant patterns around food & feces.
- 4) Sneaky stealing of objects & hoarding of food.
- 5) Stupid crazy lying.
- 6) Harming self & others, or property.
- 7) Abusing, torturing & killing helpless animals.
- 8) A strong attraction to fire, blood, & gore including Video Games.

Cultural & Sociological Prebirth & Birth Patterns

**Universally, each culture has its unique characteristics
& practices about pregnancy & birth.**

It is profound that Middle Eastern cultures understood that the experiences of mother during her pregnancy had impact upon the baby she was nurturing. She was protected from any negative influences. This is where the word 'Confinement' during pregnancy comes from.

We asked **Olga Gouni** in Athens, **Whole-Self Co-Director for Greece & Cyprus**, to give us a Prenatal & Perinatal evaluation of the Greek Cypriots with whom she has been doing Whole-Self Psychology,

Philosophy & Education for the last 5 years.

Olga begins by asking the following profound question:

'Is it the broken spirit of the island that reflects on the Cypriot or is it the broken spirit of the Cypriot that reflects on the island?'

"In Cyprus, I see the Anthropological/Prebirth Psychology issues as a matter of trust: trust in which **universally, a Cypriot does not trust anyone.**

When Cypriots receive friends or relatives at home they say they have foreigners visiting them.

This is profound alienation & separation.

In Cyprus, almost no mother has held her child just after birth.

As a result of this not being held, this not Attaching nor Bonding, we find:

- 1) **Increased Reactive Attachment Disorder.**
- 2) Cypriots appear very cold & difficult to express their feelings & difficult to communicate.
- 3) Their intimate relationships suffer.
- 4) There is no commitment in their relationships."

Abortion Thoughts

Following on **Olga Gouni's** observation about trust,

John C. Sonne has reported that even a mother or father's fleeting thought of wanting an abortion can precipitate baby's developing personality into terror & survival - hyper-vigilant mode.

After birth the RAD baby is simply incapable of allowing any trust towards truly loving, caring & supportive parents.

In its worst aspect, these are children innately bent through bad & destructive behavior to force their parents to prove their love.

In Reactive Attachment Disorder, Darth Vader babies, as modeled in Star Wars, come into life dedicated to supporting the dark force by moving into abhorrent behavior.

Whereas, in Reactive Attachment Order, little Mr. Spock babies, as modeled in Star Trek, come into life innately mentally dedicated through logic to enhancing the world & other human beings.

This enhancing quality in **RAOs** is interesting because even though lacking feelings of love, compassion & empathy for others, **RAO** children are intellectually dedicated to supporting the enhancing qualities of life.

Through acute logical mental functioning, without emotional overlays, **RAOs** logic is often amazingly clear & correct. &, **RAOs** have a talent for foreseeing & avoiding problems.

They are keen observers & ‘learn’ how people who have emotional capacities would function & so can innately put on ‘a good act’.
We say this in a very enhancing way.

A Golden Apple for an RAO Baby

We were looking for a ‘good’ RAO example when we received an email which seems to prove our point very well.
It even starts before his birth.

We received the text of the Stanford University Commencement address by **Steve Jobs, CEO of Apple Computer** & of **Pixar Animation Studios**, delivered on June 12, 2005.

“It started before I was born. My biological mother was a young, unwed college graduate student, & she decided to put me up for adoption. She felt very strongly that I should be adopted by college graduates, so everything was all set for me to be adopted at birth by a lawyer and his wife. Except that when I popped out they decided at the last minute that they really wanted a girl. So my parents, who were on a waiting list, got a call in the middle of the night asking: ‘We have an unexpected baby boy; do you want him?’ They said: ‘Of course!’

My biological mother later found out that my mother had never graduated from college & that my father had never graduated from high school. She refused to sign the final adoption papers. She only relented a few months later when my parents promised that I would someday go to college.

And, 17 years later I did go to college. But, I naively chose a college that was almost as expensive as Stanford, and all of my working-class parents' savings were being spent on my college tuition.

After six months, I couldn't see the value in it. I had no idea what I wanted to do with my life & no idea how college was going to help me figure it out. & here I was spending all of the money my parents had saved their entire life. So I decided to **drop out** & trust that it would all work out OK. It was pretty scary at the time, but looking back it was one of the best decisions I ever made. The minute I dropped out I could stop taking the required classes that didn't interest me, & begin **dropping in** on the ones that looked interesting.

It wasn't all romantic. I didn't have a dorm room, so I slept on the floor in friends' rooms, I returned coke bottles for the 5¢ deposits to buy food with,

& I would walk the 7 miles across town every Sunday night
to get one good meal a week at the Hare Krishna temple.
I loved it. And much of what I stumbled into
by following my curiosity & intuition
turned out to be priceless later on.”

Steve Jobs describes a perfect example of an **RAO baby**.

Rejected by his mother;
rejected by his first possible adoptive parents;
almost lost to his adoptive parents;
is a perfect recapitulation of his rejection beginnings.

After founding **Apple Computers**,

he was **popped out** - fired by his Board of Directors.

This moved him on to found the amazingly successful
Pixar Animation Studios.

Another enhancing recapitulation of his early rejection patterns
'popping out' to an enhancing life for people.

Rehabilitated, as in his adoption, back to Apple Steve Jobs
newest priceless baby is the Apple iPod a computer
product which bring great enhancing pleasure to millions.

We can send you his entire Stanford Commencement address.

Did Mother have a Trauma?

As in familial diseases passed down through generations,
there can be psycho-spiritual generational patterns
inherited through family lines as well families as well.

I value the answers to the **Whole-Self Prebirth Analysis Matrix**
questions & their meanings because they help me to understand
the 'parable' or 'mythos' of my family psycho-history.

The key to our **Life's Streams® of Consciousness**
is found in the simple Whole-Self discovery that

**'Not only did I inherit my parent's DNA,
which gave me my physical characteristics,
but I am also the synthesis of their charged mental
& emotional patterns during the 9 months before
my birth which gave me my emotional DNA© (eDNA©).'**

Perhaps you would like to experience a simple example how
this Whole-Self PAM works. Read the Question below
& close your eyes to hear the answer - 'Yes' or 'No'.

**'Please allow your Whole-Self to let you know if your mother
experienced any trauma or continuous diminishing circumstance
&/or feelings during her pregnancy. YES or NO?'**

In the **Whole-Self Prebirth Analysis Matrix** exploring this question
in some detail helps me to discover the innate non-conscious source of
**my most frequently felt reactive feelings,
my most frequent diminishing self-judgments,**

& my most frequently diminishing decisions in my life.

The familiar, sometimes pathological patterns, feelings, self-judgments, conclusions & decisions that I have repeated all through my life, may in fact, have been inherited from my mother's '*emotional DNA*'.

ATTACH

Mother's emotional DNA (eDNA), as discovered in **Whole-Self Psychology**, is a key in the development of **Reactive Attachment Disorder** & **Reactive Attachment Order**.

At the **Association for Treatment & Training in the Attachment of Children (ATTACH)** Congress in the USA in the 2004, we presented a Whole-Self Psychology Prebirth Workshop showing specific moments before birth when **RAD** patterns lock in.

At that time we had not yet discovered or developed the concept of **Reactive Attachment Order - RAO**.

In that workshop, we offered a number of observations about prenatal sources of **RAD children**. We would like to share four of these with you:

- 1) When we look at **RAD children** with aberrant, even murderous behavior because they have no conscience, parents of these 'little devils' can be in great anguish because they believe that their child is acting against them.
- 2) **RAD children** who are belligerent against the adoptive parents are non-consciously acting out (more accurately lashing out) against the birth parents they believe rejected & abandoned them.
- 3) Because **RAD children** cannot feel feelings in any normal sense they cannot know what the words 'I love you!' mean because they cannot know or feel what love is. Love is simply 'unknowable'! **But RADs do know revenge!**
- 4) In **RAD children**, while they are not feeling normal feelings, through hyper-vigilance they are acutely, destructively reacting out non-conscious 'strategies for survival'.

An RAO Case History

We have been discussing **RAD children**.

Now let us learn about **RAOs** through a case sent to us for Supervision by **Whole-Self Therapist Stefan Jendert**. It is a case representative of an **RAO** with no feelings & with overwhelming failure patterns:

SF: Morgan is male, 34 years of age.

Firstly, while he declares having feelings in his life, in actuality, at significant moments, he does not have feelings in his life.

JRG&T: When a client has 'Nothing' or 'No feeling' as an answer even though there can be a declaration that he/she has had feelings all through

this life, the first thing we do is to ask that person if s/he has ever experienced an event of some importance & was a bit confused that s/he was not feeling feelings. The answer is usually “Yes”. There may, in fact, simply have been an hypnotic self-belief that there were no feelings or reactions.

It seems that Morgan is living in ‘a strategy of survival’ trance state to not feel! Whatever patterns a person is setting up for this life, the patterns are probably based on trauma initiated from a possible symbolic past lifetime, potential during gestation & activated early in this life to be balanced during this life.

SJ: Morgan’s symbolic prenatal male aspect directs his primal personality with admonitions: ‘Better not! It’s a good feeling! Happy not to make it!’

JRG&T: Here we have a conundrum - a contradiction of major proportions. Even though the basic pattern is no feelings we hear a message, ‘Resistance feels good/safe!’ This is a personality message believing that Morgan has feelings, even when he believes he does not, & cannot have feelings. With this kind of warning, we hear the order from his personality to not do something - especially something important - even a destiny. ‘Not doing it feels good!’. Again, an intellectual message concerning his feelings is given by the primal personality. There is even ‘happiness to not act’ - obviously happiness is a feeling. We need to explore a possible basic pattern of self-sabotage - even failure. As the sperm represents Morgan’s male aspect, there could also be a pattern of not being successful as a man in ‘Man Events’ or activities. Is there a possible hint here of being gay oriented?

SJ: Morgan’s symbolic prebirth female aspect rationalizes:
‘I am inexperienced! I don’t want it!’

JRG&T: Of course, there is inexperience. But, the main patterns here could be inflexibility & stubbornness. Does Morgan ever willingly want to experience anything new?

SJ: She adds, ‘Don’t want to start anything in my life! Happy if there is no challenge!’

JRG&T: Morgan wants to stay in trance! In English, there is a phrase ‘Don’t rock the boat!’ Morgan’s conservative stance could extend to not reaching out to any relationship. Does he express loneliness as one of his presenting problem?

SJ: Morgan’s female aspect stubbornly declares: ‘Refuse yin & yang!’ This is a denial of his Female & Male balance.

JRG&T: Yes! Here, we now see that the ovum which represents Morgan’s female aspect & his sperm which represents his male aspect are both out of balance. We see a conflict with both his male & female polarities. Both she & he are refusing balance/harmony/growth & evolution!

There may be another perspective here as well. We know there are male & female orientations; there are bi-sexual - orientation to both male & female at the same time which includes most human beings. There is also

another grouping which is asexual - those who have little or no sexual orientation or interest at all. All three are normal. So, asexual orientation, as with hetero, gay, & lesbian orientations is not abnormality, simply another sexual way of being. We point this out because while there are indications of gay orientation in Morgan, he could well be representative of asexual orientation.

SJ: 'F..k!' Morgan's female aspect is attacked! She is 'Anxious!'

JRG&T: First, a vulgar expletive. She believes herself as being unsafe, triggering adrenaline & a primitive defense by focusing on destruction towards self & others on the most vulnerable sexual level. Morgan's female aspect believes she is being attacked even when she is not. Morgan has great stress in seeing people, in general, or individually. Again, aloneness & loneliness are highly indicated here.

SJ: Morgan's symbolic male aspect screams, 'Let's scam!' Dangerous! It's a good feeling to move away!'

JRG&T: Again we hear an intellectual response using the word 'feeling'. 'Scam' is a street word meaning to leave quickly - to escape. Morgan's male aspect believes meeting people in general or individually are dangerous!

As an aside, by adding an 'e' to scam we get 'scream'. Screaming, making verbal noise, helps to keep people at a distance or to give himself a good reason to move away. Does Morgan use screaming or behavior of anger as a defense strategy for survival? Screaming triggers adrenaline which is the most addictive substance to which the human body can be exposed.

SJ: He adds: 'To be in contact makes me anxious. Avoiding contact is a good feeling!'

JRG&T: Morgan is certainly mentally reinforcing aloneness as a good feeling.

SJ: In her vulnerability Morgan's female aspect adds, 'Defending! Don't want to show myself when I'm with other people or with my partner'.

JRG&T: Defending is the opposite of vulnerability. Based on his non-conscious belief of getting wounded again, Morgan is unable to be vulnerable. He is still in trance from the last time he was wounded, & therefore, non-consciously believes that last time as well as the first prenatal trauma is still happening. When he is willing to come out of his trance by experiencing his vulnerability, he has the opportunity to discover & develop himself in order to grow, develop, mature & evolve as a whole person. The need to hide could be significant but what is most important here is the word 'partner'. Is this a code word for partner being a man?

SJ: Regarding Morgan's aversion to being vulnerable, I ask you, 'Is this a hint for Morgan being gay?'

JRG&T: You ask the same question. There is the possibility of being gay but more from Morgan's previous answers. In general, we would say 'Possibly' to

your question. But it is clear that gay men who are not in trance have discovered their identity & are willing to go forward in order to grow, develop, mature & evolve. Morgan is frozen. Does this bring us back to his possible asexuality?

SJ: In the race for the egg, Morgan's sperm wants to practice invisibility. He pleads, 'Hope someone else will make it! Hopeful that I am not the choice - the winner!'

JRG&T: The male aspect is unknowing of himself. He totally lacks self-esteem, otherwise he would have experienced the support by all the other sperm for him to 'make' it to the egg as their champion.

SJ: Morgan's reaction to the moment of concept is concise! 'F..k!'

JRG&T: Again, does this street vulgarity reveal Morgan's non-conscious belief that relationship is only about violent, demeaning, destructive sex?

SJ: Morgan's symbolic male aspect warns again, 'Better not!' leading to, 'It is too late! Anxious! Threatening! Relationships are dangerous & it is better to avoid them.'

JRG&T: Again, a clear warning! Morgan's symbolic prenatal male aspect speaks very clearly. Do destructive sexual experiences take away the identity of the individual? Is Morgan giving us code words hinting at mother having been sexually abused during her pregnancy or Morgan after his birth?

SJ: At Conception, Morgan's symbolic prenatal female aspect despairingly warns that surrendering into a committed relationship is, 'Dangerous!' leading to 'Its too late!' leading to 'Hopeless!'

JRG&T: Again, do vulnerability to destructive sexual experiences take away the identity of the individual?

SJ: Morgan's symbolic prenatal female aspect adds, 'More dangerous than male's idea of the conception'.

JRG&T: Rampant hostility to males here. Is the male aspects perception more dangerous because the egg represents the less?

SJ: She adds, 'Both sides don't want it, but, they cannot avoid the conception; No merging is desired; If I cannot avoid merging I have to surrender myself & my problems to my partner!'

JRG&T: Here is one reality that both sperm & egg are in agreement about. On a physical level, conception was complete because Morgan is here. But on a psycho-spiritual level we have the most extreme incomplete conception. Here is no harmony within, for either the egg or the sperm. There is only destruction. At the same time, male & female aspects are mirrors for each other. The common vibration for both aspects is helpless, hopeless & powerless.

SJ: Morgan states that, 'Maturing & developing are bad & negative!'

JRG&T: Here Morgan is also very clear that he does not want to grow, develop, mature or evolve. He does not want to be. It is much safer to stay in his trance. What has happened that was so horrific for his mother & therefore prenatally for Morgan that could generate such despair to exist?

SJ: As Morgan's fetal mass is floating in the womb it is, 'Threatening! It is falling in a deep hole.'

JRG&T: This reactivates the previous trauma - symbolically a past life dimension of consciousness scenario.

SJ: As Morgan's fetal mass is sucked in to the wall of his mother's womb it declares; 'I don't have any power in this world!'

JRG&T: Morgan knows & believes that he is a victim. & he does not want to take responsibility to change. It is best to be alone & to not have any responsibility for life. Have there been any suicide attempts by Morgan?

SJ: Morgan told me that his mother did not like to have sex with father, so he may use it against his father & as he is male against his own sexuality. Then it is revealed. In the 9th month in their bedroom mother is feeling anxious when...

Mother is Raped by father!!!

JRG&T: So the clues hidden in Morgan's **Whole-Self Prebirth Analysis Matrix** were correct. We are not given details about this rape. But, from Morgan's encoding of the event in his newly developing mental/emotional bodies it was even more devastating than as experienced by his mother. Father certainly does not respect mother's advanced pregnancy. In Whole-Self Psychology we know that Morgan's consciousness is not inside his mother's body, but being in his mother's consciousness it is certainly experiencing her incredible danger, distress & despair for herself and her baby. These patterns of devastation become Morgan's most familiar reactive patterns. They are impacting on both mother's & Morgan's beingnesses & individualities which then, as reported, confirm their most frequent

diminishing self-judgments:

Disgusting, dirty, terrible, helpless, hopeless, powerless.

Their most frequent diminishing decisions which Morgan reports are 'Do nothing!' Another aspect of this is a phrase, 'Don't move a muscle!' How could mother stand such assault on herself & her unborn baby & how could the unborn baby survive such assault?

It is important for Morgan to realize that during the rape he was not inside his mother but in her consciousness. The reason for this, is so that he can recognize that his consciousness, while in symbiosis with his mother's consciousness, (as prenatally are all human beings) & not her body. What is becoming clear is that as further work is done with Morgan, he can begin to release himself from the symbiosis which has kept him bound to his mother his whole life.

SJ: In Hospital, in bed mother is in pain.

JRG&T: Pain comes from resistance. Part of mother's anguish may be that she does not know if the rape has harmed or damaged her baby. The next answers are very clear. Her self-judgments are 'Helpless! Hopeless! Powerless!'

SJ: Her diminishing decisions are, 'I don't know!' 'I don't want that!' Morgan admits these a very familiar decisions in his own life. When asked where his consciousness was just before his birth Morgan says he doesn't have any consciousness but then he correctly adds he is in his mother's consciousness just outside his mother's body.

JRG&T: At birth, the separation from mother is the trauma of birth. For Morgan, because of the pathological symbiosis he had with his mother, he polarized to her emotional body & her charged hatred toward her husband/male/son this was particularly devastating. This is the main pattern Morgan needs to balance.

Following are just some of the highlights of Morgan's discoveries about his prenatal life. As these are also applicable to everyone, for ease of understanding, we say them in the first person:

Some Whole-Self Principles About My Personality

- 1) One of the main functions of my personality is to keep me from feeling pain.
- 2) My personality is where my pathology is lodged.
My personality is the 'expressing aspect' of my Whole-Self where my pathology expresses its unique sense of power, or more significantly, my possible non-conscious sense of my lack of power.
- 3) The stronger my personality, the more talented & skilled my personality is in keeping the cause of my pathology from being recognized. This is one reason why most therapies fail.
- 4) When a pathology creating event occurs, my personality goes into an hypnotic trance & exists, from that moment on, as though that traumatizing event is still continuing to happen - even to the present moment.
- 5) This energy resides in all aspects of myself :
 - My physical - through my cellular memory,
 - My mental - through my beliefs, my realities,
 - My emotional - through my reactive trauma trances,
 - My spirit, through my Whole-Self.
- 6) Since one of the primary functions of my personality is to keep me from feeling pain, my personality does everything it can to keep me from remembering the painful causative event. It blocks this memory because it holds that if I remember that event, I will feel even more pain.

- 7) In Whole-Self Psychology, the traumatizing principle is that even when I do not remember the causative event, my personality is non-consciously behaving under the hypnotic trance that the causative event is still happening.
- 8) The feelings my personality, non-consciously, believes are still happening to me create my behaviors.
One strategy for my survival is to block me from remembering the painful causative event.
Michael Mendizza calls personality 'a defense structure'.
- 9) So, the conundrum is, that even when my personality is blocking me from seeing the causative event, I am still at the effect of the belief that the event is still happening.
I am non-consciously living as though that event is still happening to me at this moment.
- 10) While my personality wants to block me from seeing the causative event, my Whole-Self knows that the only way to break my hypnotic trauma trance is to return, recognize, review, revise & release myself from my trauma trance reality.
This is the only way to grow, develop, mature & evolve as a whole person.

This switchover for transfer from the control of my personality to the guidance of my Whole-Self is the beginning of my healing process.

Whole-Self Psychology, Philosophy & Education is resonating that just as each of us is the synthesis of our parent's genetic coding which gives us our physical characteristics, there is also a synthesis of the charged emotional-mental patterns of our parents from the 9 months of their pregnancy.

Writing this paper has brought to our attention a number of individuals amongst many, many colleagues, who in chronological order have been particularly significant in the over 35 years we have been on this prebirth quest.

First is Dr. Richard Ferman who invited me to practice at his Santa Monica Holistic Health & Medicine Clinic in Santa Monica, California.

Second is Dr. Walter D. Hofmann who first obtained California Board authority for me to practice at his Psychiatric Clinic.

Third is Prof. Drr. Peter G. Fedor-Freybergh, Life President of ISPPM, who in 1986 invited me to become a member of the ISPPM & twice supported my election as Vice-President of ISPPM. & it was he who originally named our work '**Prebirth Memory Therapy**'. **Prebirth Memory Therapy** is a simple, effective system for identifying, then balancing innate diminishing patterns.

Fourth, we are appreciative to **Dr. Ludwig Janus, ISPPM Past President**, for his visionary prediction which sets a goal for us:

***'The Whole-Self Model has the potential to change
the course of human evolution!'***

Fifth, we are indebted to **Prof. Grigori I. Brekhman** for his scientific research helping us to understand how the mother-unborn child communication can work between mother & baby in the time baby's consciousness is in mother's consciousness before conception & during gestation. This is a basic hypothesis of the Whole-Self Prebirth Analysis Matrix. We look forward to further direct research which will allow Whole-Self Psychology, Philosophy & Education to be even more effective in our mission to assist humanity to grow, develop mature & evolve. We had a quote from Prof. Brekhman earlier in this paper. Here is an earlier definitive quote from **Prof. Brekhman** from his paper entitled:

***The conception of the multiple-level co-coordinated action
between the mother & her unborn child:
the methodological approach & the methods of research.***

“Nowadays a lot of data has confirmed the hypothesis that the psycho-emotional interrelationships between the mother & her unborn child is the reality...

We (Brekhman & al) offered to examine the mother-unborn child relationship based on the idea of a permanently functioning multiple-level polyphonic system.

It has been assumed that if mother is a multiple-system embracing such levels as biological, energetical, astral, mental, etc, to have intimate & fruitful interplay between her & her unborn, he (the unborn) must already possess the same levels beginning with the zygote.

Such a methodological approach proved to be fruitful.

The subdivision of this system into the various levels is very relevant since baby is able to live & develop harmoniously only if all its components properly interact.”

In this last sentence the word 'only' is the operative word.

Prof. Brekhman states that if there is such a process as a mother-unborn child dialogue - long advocated by **Prof. Fedor-Freybergh** - there needs to exist 'complementary resonant cohesive media systems which can recognize each other's messages.

In its very simplest terms, the analogy is that for two way communication to exist between them, the unborn baby's radio sender & receiver frequency must be tuned to mother's same radio frequency in her sender & receiver.

And, these electro magnetic wave signals are almost instantaneous.

Prof. Brekhman's research explains how this multiple level communication system between baby & mother exists.

It is exactly the hypothesis which helps to explain how the Whole-Self Prebirth Communication model is possible

&

we feel, in fact, does exist!

Conclusion:

Usually reinforced after my birth by living in my family,
my Whole-Self PAM Patterns are the charged beliefs,
the mindsets & emotions with which I was born.

It is these charged reactive mental & emotional patterns which
have consciously & non-consciously controlled my life.

Because feelings create behaviors, the Whole-Self Prebirth questions
are particularly valuable to develop when dealing with
Reactive Attachment Disorder & other disruptive behaviors.

Most therapies hold vehemently that pathology can only come
from events which have occurred during the client's life.

Fortunately, this fallacy is being corrected by Prenatal & Perinatal
Psychology Education & Health & Medicine.

Over the last 35 years, there are now increasing numbers of National
& International Associations & Societies; the most recent
the Hellenic Union of Prenatal & Perinatal Psychology & Medicine.

Some of these, The International Society of Prenatal & Perinatal
Psychology & Medicine, The Association of Pre & Perinatal Psychology &
Health, The Association of National Education Prenatal of Italy,
offer Professional Journals which contribute to the thousands
of scientific studies already published proving the importance of innate
emotional patterns from gestation, birth, infancy & early childhood.

Since 1970, through the Whole-Self Discovery & Development Institute
International, Troya & I have pioneered in Prebirth Memory Therapy[©]
research & practice through instrument of the Prebirth Analysis Matrix[©].

This therapeutic model proved that clients & patients, who in other
therapies had been rejected as incurable, found that their pathology
was actually a replication of mother's, & sometimes father's,
charged reactions to traumas during their pregnancies
& were able to heal themselves.

**My parents charged patterns which migrated into me
are precisely what I come into life to change.**

- * Whole-Self Discovery & Development is an active process
to Discover & Develop myself.
- * My Whole-Self connects on my physical, mental, emotional
& spiritual levels all at the same time.
- * Whole-Self Discovery & Development helps me to immediately
identify my problems.
- * Whole-Self Psychology helps me to discover
my conscious & non-conscious diminishing beliefs about myself.
- * Diminishing beliefs about myself inhibit my energy
& block me from success in relationships, work & life.

- * Whole-Self Discovery & Development offers me effective tools to help me to change my diminishing beliefs.
- * Whole-Self Philosophy is a continuous inspiration for my individual growth, development & evolution as a Whole Person!

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**Oh Yes!** People sometimes ask if we are indicating that there are such things as Past Lives? We like **Michael Mendizza's** observation:

“We inherent our skin, hair & eye color from our parents, along with allergies & a million other past life traits. The key to the whole past life business is that these obvious qualities & related behaviors are not past lives, they are expressing now. There is no past life. It is all happening now. You & I are expressing traits that fade off like a very long tail to the first spark of life on the planet & we are expressing all this right now.”

**We close with a simple fact:** Mother Nature gives my little body - which is part of my mother's body - the ability - with NICU support - to survive after 3 months. The next 6 months of my gestation is for my little body to practice & rehearse so that after birth it can live on its own.

**We close with a simple question for you:** How can Mother Nature provide practice & rehearsal for my little body as part of my mother's body & not provide practice & rehearsal for my mind inside her mind & not provide practice & rehearsal for my emotions inside her emotions?

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Information on the Whole-Self model is available on www.Whole-Self.co.uk & www.Whole-Self.info , in Greece - www.ionianet.gr/cosmoanelixis

If I want to change my life, my Whole-Self is waiting to support me!

Much Peace & Much Love! Jon RG & Troya GN Turner
(Email: Whole-Self@quicknet.nl)

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## APPENDIX

In Whole-Self Psychology healing is constructed on the recognition of the impact of the **Whole-Self Four Laws of Life**.

These **Whole-Self Four Laws of Life** helped lock me into my pathology. This is based on my conscious & non-conscious belief - my reality - that the causative events are still happening at this moment. As we give these **Whole-Self Four Laws of Life** below, we emphasize the word 'non-conscious' because this is how feelings

stimulate & cause behaviors. In the first person:

- 1) When I am, consciously or non-consciously, resisting my feelings,  
I trigger the **Whole-Self First Law of Life - The Law of Opposition**  
which says **'Whatever I am opposed to I have to experience.'**

So, as my personality is opposing my seeing the causative traumatic event, this law keeps me locked in my trauma trance pattern.

When I resist my painful feelings, on a conscious or non-conscious level, I make judgments against myself not against others.

Self-judgment words can be:

Unlovable Unimportant Worthless Unfulfilled Unworthy Worthless Unacceptable  
Unsupportable Not Good Enough Inferior Inappropriate Irresponsible Guilty  
Bad Wicked Terrible Horrible Dirty Disgusting Despicable Dumb Stupid Inept  
Incapable Incompetent Inadequate Incomplete Unrecognized Insecure  
Helpless Hopeless Powerless

The most frequently recognized are **'Helpless, Hopeless & Powerless'**.

- 2) These Self-Judgments trigger the **Whole-Self Second Law of Life**  
- **The Law of Confirmation** which says:  
**'Whatever I really believe about myself I will keep proving to myself  
(through my life's experiences).'**
- 3) When I consciously or non-consciously resist my feelings  
& consciously or non-consciously make judgments against myself,  
I consciously or non-consciously trigger the **third Whole-Self Law of Life**  
- **The Law of Decisions** which says:  
**My conscious & non-conscious diminishing decisions  
determine or create my future.**
- 4) When I keep consciously or non-consciously opposing my feelings,  
making diminishing judgments about myself,  
making diminishing decisions about my life,  
I trigger the **Whole-Self Fourth Law of Life**  
- **The Law of Repetition** which gently says:  
**Try It Again! Try It Again! Try It Again!**

When through my **Whole-Self** instead of my personality,  
these **Whole-Self Four Laws of Life** are recognized  
within the context of my life experiences,

I no longer need to consciously or non-consciously keep  
opposing my feelings,  
making diminishing judgments about myself,  
making diminishing decisions about my life.  
So, subsequently, I do not have to **Try It Again!**

Studies in behavioral medicine show that it takes  
21 consecutive days to change a belief or a behavior.

At completion of the **Whole-Self PAM**, we teach a simple technique called the **Whole-Self 4th Dimensional Balancing** to facilitate change.

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