

Global Perspectives: Urgency for Prenatal Education© 2007

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Abstract: None available.

Full Text: Headnote ABSTRACT: World population is predicted to leap from 6.5 billion today to 9.5 billion by 2050 AD. With increased pressures on humanity, we must find better ways to protect unborn and new born babies and their mothers from the dire consequences overshadowing our relationships before, during, and after birth. This paper explores a variety of What if... scenarios and themes. Hatred and prejudice as well as love and respect begin in pregnancy. Prenatal Education can be a key to a future sane world. KEY WORDS: Consciousness before birth, joy in pregnancy, whole-self psychology, emotional DNA, epigenetics, conscious conception, prebirth parenting, prenatal and perinatal psychology. DEDICATION At the 12th APPPAH Congress in San Diego in 2005, I was talking with Laura Uplinger. Her enthusiasm for this Congress in Los Angeles bubbled over, What If...was the question that splashed all over me. What if...all the speakers could share their vision, vision born of their love and their experience (including their philosophical experience) which they have gathered throughout their years of practice, study, service, prayer, and meditation...? Troya and I dedicate this paper to Laura Uplinger, trusting that our What if... visions come in alignment to help build her vision of a better future for humanity. INTRODUCTION What if... the basic research and basic principles of Prenatal and Perinatal Psychology were to be universally accepted? Our chair, Laura Uplinger (2007) has already given us an answer in her poem. I KNOW A PLANET I know a planet where nations live in peace, and nature is respected, where science and philosophy are never used to enslave, to limit, hurt or spread terror... There, each person is conceived and gestated consciously. In that world reigns a true spirit of kinship with all life, and pregnant women are treated in a very special way: the arts and crafts of each community are made available to them. They admire trees, statues and fountains, as they walk through beautiful parks filled with flowers. By day, the birds' songs embrace them. By night, the stars entice them to visit distant worlds... In these parks there are houses where the mothers can take part in many activities: they sing, weave, sculpt, embroider, draw... There are also theaters, libraries and cinemas, and they can study, teach, meditate, laugh, and cry. In the schools of this planet adolescents study the importance of conception, pregnancy, birth, and breastfeeding for a happy humanity. Couples approach knowingly the moment of fecundation, understanding the physiological, psychological and spiritual dimensions of a pregnancy, prepared to welcome the mystery of life with serenity. THE WHOLE-SELF MODEL All of Whole-Self Psychology, Philosophy and Education is based on Realitatis Ad Veritatis-the discovery of bringing Realty into Truth. We are committed to the discovery and development of principles and truths which bring each person into self-truth, self-understanding and self-evolution. Principles we are discovering start with What if... the primary discovery of Whole-Self Psychology, Philosophy, and Education were to be universally accepted? It states: "Not only am I the synthesis of the genetic DNA coding of my parents which gave me my physical characteristics, but I also am the synthesis of my parents' charged thoughts and charged emotions from the 9 months of my gestation." What is the Self? What if... I consider myself not just as body but as a bio-energetic field surrounding and animating my physical body as mentioned by scientific research and confirmed by Grigori I. Brekhman (2000, 2001 [with Smirnow], &2005). I can say that my bio-energetic field-my consciousness-vibrated in mutual dialogue with the frequency and energy of my mother. I can discover that in most of my childhood and adulthood, I have been trying to fulfill what was encoded in my prenatal period from my parents. And, when I understand where my belief systems and my emotional reactions come from, I can stop non-consciously trying to create personal situations and environments in my life in the effort to reactivate and re-experience my innate and inherited diminishing patterns, the negative patterns, I

believe about myself. The science of epigenetics now shows that grandchildren actually remember events and emotions experienced by their grandparents. When I transcend those beliefs, potentially all of society transcends to a higher level of consciousness. PREGNANCY BEGINS CONSCIOUSLY BEFORE CONCEPTION Ancient wisdom, transpersonal psychology, and cutting edge biology, invite us to revise the way we understand the importance of the gestation of a human being. When a couple embraces the adventure of parenting even before physically conceiving their children, they step into a powerful dimension of their inner life. Prebirth parenting sets the stage for a myriad of possibilities and conscious choices that will nurture the inner strength of parents and their children throughout many, many years. What if...Those who advocate for conscious conception were accepted? As future parents, when we know our diminishing and enhancing emotional prebirth patterns and their inter-relationship and interaction with our partners, we can work on them so that the coagulating energy of our future child, being energetically attracted to us, creates an enhancing foundation for a higher evolved new human being. A LITTLE EXPERIMENT Before exploring some premises about pregnancy, we invite you to do your own experiential research on this question of consciousness before birth. You can do this by allowing your Whole-Self, the totality of you, which knows everything your consciousness has ever experienced, to give you the answers to a few questions. The main criteria for this experiment is to set aside all pre-conceived beliefs and just allow whatever answers come to you without analysis or judgment. If you would like to participate, please read the following statement, then close your eyes, keeping them closed until you receive an answer from your Whole-Self. Please allow your Whole-Self to let you experience precisely where you-the sense of yourself-is located just before the moment of conception. Remember the discovery you just experienced. Now read the next question and again close your eyes and wait for the response of your Whole-Self. Please allow your Whole-Self to let you experience precisely where you-the sense of yourself-is located shortly before birth. Be aware of the perspective from which you are seeing what are you seeing. Now, you can thank your Whole-Self for this information. RETHINKING ASSUMPTIONS Many in the field of Prenatal and Perinatal Psychology have questioned why there continues to be such resistance to what is assumed to be so clearly spoken about the impact of emotional patterns on gestating babies, e.g. "When I was in my mother's womb..." What if... a basic premise about pregnancy could be re-examined? What if..., in fact, it is that basic premise that "I was inside my mother's womb" that is preventing Prenatal and Perinatal Psychology from being more universally accepted? It is clear that there is a baby body growing inside mother's womb. There are two question which could be investigated: 1) Is there a separate consciousness of baby in that little body? 2) Is the premise that there is a baby with full consciousness in the womb the main problem which is blocking the acceptance of prenatal and perinatal psychology? The discovery that during gestation baby's consciousness may not be inside mother's womb, but in her mind and emotions-her consciousness-is the most important concept of Whole-Self Psychology, Philosophy and Education! It could be a key to alleviating distress, disabilities and disease! Wendy McCarty (2006) offers tribute to Apollo 14 Astronaut Edgar Mitchell's theory that "the quantum hologram is to matter as the mind is to the brain." Mitchell calls this non-local holographic information the model by which sensitives perceive information. The point being that the mind is not the brain. From our beginning work in Past Life Echoes© and Near Death Experiences over 40 years ago, we have been describing an individual's consciousness as a hologram passing from lifetime to lifetime. We refer to Mitchell's statement about sensitives because when sensitives are asked "How do you know a woman is pregnant?" The answer is always "I see or sense a second light in her aura." If asked where in the aura, the answer is "Above or by her head!" The answer is never by her abdomen. In the Whole-Self model, consciousness in the present life, built through the personality, is primarily composed of the mental and emotional patterns generated in the energy field which is surrounding and creating mother's physical body. This brings us back to the Whole-Self hypothesis that baby's consciousness is in mother's consciousness until the little body is born and the first breath infuses and enlivens that little body. Sometimes a very, very small number of people believe strongly that they were inside mother's body. There are several possibilities for this: One is

that the belief of baby's consciousness being inside mother's body is religiously "too believed" or "too fundamental" a belief to be changed. Secondly, if in birthing replication, the suggestion is given by the therapist that the person was inside mother's womb and a scenario was acted out fighting to get out of the womb and that visualization is acted out with adrenal release, the person is locked in the experience. Thirdly, some hypotheses suggest that memory may be contained in the cells of the body. In *The Biology of Belief*, cell biologist Bruce Lipton (2005) writes that, Yes, cells can 'remember' that they are muscle cells or liver cells, but there is a limit to their intelligence. I do not believe cells are physically endowed with perception mechanisms that can distinguish and remember a taste for chicken nuggets. What if... individual cells are consciousness deficient, yet, could there be organ or group cell memories? That is a fascinating question to explore. If I felt that I was inside mother's body, then I simply may have been extrapolating and identifying with the little body my intellect "knew" was inside mother's body. Ludwig Janus, past president of ISPPM, posted this statement on www.isppm.de, "Research in the field of prenatal psychology has extended our life-history back to conception and beyond-right back to our parents' thoughts and plans for a child of their own." Here is an Interesting Question: Did mother get pregnant before or after "myself" came to her mind and her emotions? I may have thought mother got pregnant and then in some mysterious or magical way I was created inside her. Now I have discovered another view of that as well. I can say that before my birth that little body was basically part of mother's body. It was her blood supply, her oxygen, her nutrients. The question remains, at what point did "myself enter this body? BEING WANTED AND BEING WELCOMED? What if... every baby who is conceived is wanted? While acknowledging the crisis of families desperately being unable to conceive even after repeated failures of IVF treatment, we must recognize that today, in western society, most pregnancies are unplanned and even unwanted. In Whole-Self Psychology, when we have patients who have been told, or discover through their 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, or both, did not want me!" For people whose personalities have held those feelings all through life, the belief is a painful reality. Whole-Self Psychology has a simple exercise for healing this belief. If you carry a sense of 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 and sense the answer to this question given in the first person: Did mother or father not want me, or did they not want a pregnancy? You may discover that one or both did not want a pregnancy. They did not "not want me." (Pause to reflect.) The simple truth is that they could not have "not wanted me" because they did not know me. Rejection could have been because of medical advice to not get pregnant; it could have been their own self-doubt; or their thought of not being able to economically provide for a baby or their own unresolved non-conscious emotional prenatal patterns which guided them into the thought of not being wanted. Mother did not want a pregnancy. She could not have not wanted me because she did not know me. With this knowing, as Olga Gouni, our Whole-Self Director for Greece and Cyprus, says, regarding not just being wanted, but being welcomed, "For me a parent is an adult who makes room for and welcomes a new consciousness to appear on Earth and provides the support for her or him to walk the way this consciousness was designed to walk." What if... the children of the world would hear the message that they are not just wanted but are welcomed into the human family? What if... a woman is already pregnant with the consciousness of a baby before physical conception? In over 20,000 cases worldwide, we have discovered that baby's consciousness is not miraculously created at the moment of conception. We have discovered that baby's pre-existing consciousness is energetically attracted to its future mother, at varying lengths of time, extending sometimes even years, before she is physically pregnant. Many women describe how a baby came to them in a dream to announce the forthcoming pregnancy and birth. We have written about a colleague, near Milton Keynes in the UK, who had a dream about a little girl introducing herself as a new daughter. The husband had had a vasectomy. Two years later the vasectomy had spontaneously reconnected and the little girl was born. For brevity, in this document, we also suggest that, at least in spirit, many women do to not consider themselves "a mother," with all the commitments and

responsibilities that role implies, until she actually holds her baby in her arms. Some Reproductive Realities In human reproduction, medical studies show that between 50-75% of all pregnancies end in spontaneous abortion. Does this mean that Mother Nature, the Universe, big 'G' or little 'g' god, whoever or whatever I believe may or may not control such events are mass murderers? Of course not! It is prudent and wise to separate religious tenets from biological realities. The question is who has the power. Religious fundamentalists, true believers, give the power to an exalted external authority-the big 'G' God; biologically oriented exponents give the power to scientific theory and fact. We suggest a middle way. The pivot point in the question of power actually rests on whether that baby's consciousness-religiously called the soul-is ever inside mother's womb. Religionists say this "room in the womb" residency happens from the Moment of Conception. In the two Prebirth Analysis Matrix questions you experienced above, you may have discovered that, confirming Ludwig Janus' quote, both positions are correct in that the consciousness of baby actually exists from the moment of physical conception. The difference is that psycho-spiritually, as you may have experienced, your consciousness existed before physical conception. PRENATAL TRADEGIES In the early stage of gestation the fetal mass or bundle which has been part of the mother's body can detach from the wall of the womb and be expelled. This is called spontaneous abortion. Often women are not even aware they were pregnant unless they happen to see the fetal mass. In later stages of pregnancy, miscarriage can occur. After the fetus has developed beyond a few months, it can detach from the womb and be expelled from mother's body. At term (nine months), the normal, fully developed baby has sufficiently matured and is "born." When the little body is incapable of breathing on its own, stillbirth occurs. Crib or cot death has been researched without resolution. In this tragic situation baby is found dead in bed with no apparent cause even after extensive investigation. All the above medical phenomena can be viewed as heartbreaking human tragedies. Psychiatrist, Viktor E. Frankel, survivor of the Nazi death camps, believed that one of the ways to transcend human tragedy is to understand its meaning. One possible way of grasping an understanding of such loss of progeny is to realize the psycho-spiritual nature of those events. The following hypothesis is based on our work in the 1960s when we discovered and developed a non-hypnotic method recovering memories of past life consciousness. For ease of expression, the Whole-Self model offers the following in the first person again. "I acknowledge that there is a part of my consciousness which has existed before conception. This consciousness has continued to exist in ongoing sequences of lifetimes (reincarnations) for the purpose of balancing unresolved charged emotional patterns or realities or beliefs. The Whole-Self hypothesis states that when I died in a past life dimension of consciousness, resisting feelings which I did not like feeling, my consciousness was trapped in those feelings and circumstances. This is commonly described as my being a ghost. To release myself from those reactive patterns I need to reanimate in this 3-dimensional world. I need to come back into this physical world to activate, then release myself from those patterns. To do that, Nature's plan is for my consciousness to be drawn energetically to my parent's energy fields (primarily mother's consciousness or aura) animating a potential mother (and father) who are experiencing the same "resisted feeling patterns" my consciousness was experiencing when I died in a past life dimension of consciousness. My consciousness is energetically attracted to them because their resonant thoughts and feelings can potentially offer me the possibility of having those patterns activated in me after I am born." But what happens if, at some point, my consciousness realizes that the thoughts and feelings of my potential parents, which were the original attraction to them have changed? If their thought and feeling patterns change early in the pregnancy, my consciousness withdraws from my mother's mind and emotions and those specialized cells developing in her womb are no longer needed and are released from her body. If this happens early in the pregnancy it is called a spontaneous abortion; later in the pregnancy it is a miscarriage; at birth it is a stillbirth; and within a year after birth it is a cot or crib death. What if... through this psycho-spiritual viewpoint I realize that when my consciousness withdraws from my mother's consciousness, nature's built-in system for releasing those developing cells of mother's body which no longer serve their original intended purpose for me to inhabit after my birth are simply released from her body. I do not die. My consciousness just waits for the next

best potential parents who will offer me the opportunity to evolve. ADJUNCT QUESTIONS When is Baby Created? The answer depends on how the term baby is defined. If the answer is simply the physical moment of conception when the sperm and ovum, uniting through the invitation of the ovum, without the essential element of mind, emotions, and consciousness this is a very diminished way of understanding how baby is created. Some people say that I choose my mother and father or that mother and father choose me. There appears to be no validity for this volitional theory. It is simply a matter of vibrational energetic attraction. Laura Uplinger (2007) offers us a fuller range: "Many scenarios are possible; they range from the couple who consciously prepares to attract a certain kind of soul coming on earth with a higher purpose, to the couple who just have sex unaware of the universal Law of Correspondence. True, as a mother I don't choose my child, but my energy level and the energy level of my partner will attract a soul in resonance with who we are. So, consciousness begets consciousness." Does Mother Get Pregnant and Mysteriously a Baby's Consciousness is Created? The answer from the Whole-Self perspective is an emphatic NO! You may have already discovered that your consciousness existed before conception. In other questions from the Whole-Self Prebirth Analysis Matrix you would experience relating and dialoging with mother before and after conception. As stated above by Ludwig Janus, and we concur, such relationship abilities begin before birth-begin through a psycho-spiritual symbiosis even before conception. The fallacy can be the belief that the moment of conception or creation marks the physical, mental, emotional, and spiritual integrity of the baby. At the conception stage, semantics already asserts its dominant influence. From the very time a woman discovers she is pregnant, she is often referred to as "mother." And, for nine months of the pregnancy all the physical changes and activities she experiences are verbally describing that what is growing in her body is "my baby." Baby, in this instance, implying that all four components of baby are present. What if... that what is developing in mother's womb is actually her body, her blood supply, her oxygen, her nutrients. As science has shown, her consciousness-her mind, her emotions-reside not in her body but as an energy field surrounding and animating her body. Uplinger (2007) adds, "It is important to keep in mind that this energy field is, moment by moment, being translated into biochemical components in the mother's bloodstream." The little baby body receives these components through the umbilical cord. Bruce Lipton (2005) explores these principles marvelously in *The Biology of Belief*. Is Baby's Consciousness Ever Inside the Future Mother's Womb? You may ask how we discovered that the consciousness of the baby was residing in a woman's consciousness, not inside her womb. In the 1970's, I was in therapy practice in Beverly Hills, California. At that time, anti-abortion advocates were waging a massive media campaign accusing any woman who had an abortion of having murdered her baby. Very distraught women who had abortions came to our Whole-Self Institute for help. After giving these women the experience that they could project their consciousness inter-dimensionally, we asked them to do the following: Please allow your Whole-Self to let you connect with any human consciousness within your womb. (By the way, if you have had an abortion, we invite you to make this very gentle healing discovery.) At that time at our Institute, every woman opened their eyes in surprise saying, "There is none!" That was an amazing moment of healing for those women. But, most importantly, that was when I discovered that the consciousness of baby is not in the womb, but in the consciousness, the bio-energetic or bio-plasmic field -the aura-the mental and emotional consciousnesses of the pregnant woman. As already stated, the little body growing in her womb is her body, her blood supply, her oxygen, her nutrients. SEMANTICS When I philosophically accept a four part model describing that I am composed of a physical, a mental, an emotional, and a spiritual dimension, two questions emerge from this awareness. When does that four-part nature begin? And, at what point does baby synthesize those four parts? Our discovery, as you have discerned, to both questions is that the four part nature synergizes when, the first breath enters the little body at birth. What we observe is that when some people ascribe full life to a fetus, it seems natural to also ascribe full human consciousness to that fetus. The answer to the second question; "At what point does baby attain those four parts?" can be more meaningful. What we have discovered is that while mother's body is growing that little body in her womb, the mental, emotional, and spiritual aspects

of the baby are not in her womb but in her consciousness. If that is so, then the whole way of perceiving a baby can be enhanced. Whether by spontaneous abortion or by clinical abortion, when the little physical body is released from her womb, the mental, emotional, and spiritual aspects of baby do not die. Baby's consciousness still exists. It simply separates from that particular potential mother's consciousness; before, in spontaneous abortion, or; after, in clinical abortion, and moves back into the dimension of consciousness where it previously existed, until the next potential mother appears. So, the distinction is that, if the fetus, from the moment of conception, is composed of all four aspects it can be considered a full human being. However, if the mental, emotional, and spiritual aspects are not in the physical fetus, but in mother's consciousness, then there is no death, therefore, no murder in abortion. Testimony from a Baby Doctor What if... there is no murder in an abortion? Giulia Quintarelli, partner in the Stella Maris Practice in London, sent us the following moving description of what she has observed about young babies. I can say for sure that we have experienced most of what you talk about in our work. What we find extra-ordinary with babies, and especially preemies, is that they are still very much connected with universal consciousness, where they came from in the first place. Hence they are not terribly attached to their physical body, and are very willing to sacrifice it if their sacrifice helps someone they have come to love, i.e. a parent. Seen in that light, abortion becomes much more an issue for the parent than for the child, as the child is secure in its belonging to a much bigger dimension and is prepared to go back to it if necessary, it would seem. We, as incarnate beings and attached to our flesh, however, cannot fathom of such a long-forgotten place, and we hang on to the feelings of pain, guilt, fear of death, etc that are common and become more intense the longer we inhabit our bodies. So when a woman or a couple is faced with the possibility of abortion, it's not so much pain for the child but pain for themselves that they suffer. The child's consciousness survives because, as you say, it is already present before conception. I remember one such case of a busy career woman with two young children and two older step-children; when I mentioned to her that I felt a fifth child's consciousness was hovering around her (as the authors mention sensitives do), she dismissed this as preposterous, at first; later she admitted that she had thought about having another child but that she could not possibly choose to do so as it would be too complicated both emotionally and financially. When I mentioned to her that she was not the one doing the choosing, but that this child was already energetically attracted to her, she was speechless. Inevitably, about six months later she was pregnant. This last child has brought her so much more than what she thought she would have to provide him with, she now can't imagine how she could possibly have refused the idea of having him. Perhaps parents who are considering aborting should ask themselves why this child has come and what is missing in their lives that it has come to show or teach them; I believe it is the overwhelming sense of responsibility and loss of freedom that pushes women/couples to abort: What if only they could know how much more they stand to gain rather than lose? Fetal Fighting One phenomenon many of us have been amazed at is the echogram which shows a fetus in the womb recoiling from and even batting an amniocentesis needle threatening it. This has been interpreted to prove that the unborn has complete awareness and consciousness of impending threat or danger. This is an emotionally charged interpretation. But, if our discovery that the consciousness of the baby is in the mother's consciousness and not in her womb is correct, we can view that recoil in another way. What if... we suggest that it is not the baby which is recoiling but the natural reaction of the woman to an invasion of her most intimate physical self. An illustration would be that if she perceives a threat to her physical body she would act to deflect that object with her hand, arm, or foot. She would make use of the appendage closest to the threat. We suggest that in observation of the fetus recoiling to a needle, it is not a conscious baby volitionally acting in self-defense, but the part of the mother's body most proximately at risk to what her consciousness perceives as physical danger. In other words, at a moment of perceived attack, a woman does not think about and then decide what the best defensive action could be. The part of her body closest to the perceived attack would act reflexively, instinctively. This is what we suggest happens to the part of her body which is growing the little body in the womb. The part of mother's body which she is growing for me to inhabit after birth is acting reflexively as part of

her body to perceived attack. Symbiosis: Mother's Feeling or My Feelings? What if... the little appendage is growing, developing, practicing and rehearsing as part of mother's physical body so that it can function independently after birth. Whole-Self Psychology hypothesizes that baby's consciousness, being in mother's consciousness, her mind and emotions, is in symbiotic ideation with mother. Every human being begins life in symbiosis with her or his mother by being psychospiritually, energetically attracted and subsequently attached to mother's mind by her charged ideas and charged thoughts, and to her emotional body by sharing her charged feelings and emotions. It is this symbiosis which shapes baby's mind and emotions. What if... it is recognized that (in the first person again), "as I am experiencing everything mother is experiencing in her mind and her emotions, my mind and emotions are being educated to be able to function independently after birth." When symbiosis totally segues and morphs our mental and emotional bodies, and as my consciousness is still not matured enough to distinguish a separation between mother's experience and my own experience, I am born enveloped in whatever charges happened to mother and these are still happening to me. It is diminishing charged feelings and charged thoughts which become the pathology I carry with me through life. The best hope of releasing them is with prenatally aware therapists. One other overlaying factor is that, being in union with mother, I create the reality extension that whatever trauma happened to mother is my fault. Thus, not only am I born with mother's feelings but also I am born with the guilt that those diminishing, debilitating patterns are my own fault. At the very least, it is these patterns which become the challenges for my personality for life. Here It Can Be In The DNA What if... Michel Odent's report on the importance of eye contact within an hour of birth to open the communication DNA packet in mother's brain which informs her about mothering and baby's brain about love, compassion, and empathy, could be spread through the world. What if... the debate about nature or nurture as being more formative could be made mute. Cell Biologist Bruce Lipton (2001) 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 and emotions profoundly impact the child's physical development, behavioral characteristics, and even its level of intelligence (p. 167). What if... The studies of Prof. Grigori I. Brekhman (2000, 2005) regarding the process of mother-unborn child dialogue, long advocated by Prof. Peter G. Fedor-Freybergh (1993, 1998, 2000), could be known? Prof. Brekhman's research explains how this multiple level communication system between baby and mother exists. It is exactly the hypothesis which we have described a number of times, that baby's consciousness is in mother's consciousness being educated practiced and rehearsed, which helps to explain how the Whole-Self Prebirth Communication model is possible. Did Mother Have a Trauma? As in familial physical diseases passed down through generations, there can be psycho-spiritual generational patterns inherited through family lines as well. This is the basis of the science of Epigenetics. The answers to the Whole-Self Prebirth Analysis Matrix questions and their meanings help us to understand the "mythos" of family psychohistory. 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 physical DNA, which gave me my physical characteristics, but I am also the synthesis of their charged mental and emotional patterns during the nine months before my birth which gave me my emotional DNA© (eDNA©). THE GREEK CHORUS As in an Ancient Greek Tragedy, the conflicts being played out in the Middle East today pale when, through prebirth psychology & epigenetics, we know that future generations are even now being afflicted. War, dislocation, and genocide continue to be the weapons of the Grim Reaper. Some Islamic Prenatal Principles In December 2006, I was a Plenary Speaker at the First European Congress on Prevention, Detection, and Diagnostics of Verbal Communications Disorders, chaired by Mimis Skanavis, of Patra, Greece, and Mirjana Sovilj of Belgrade, Serbia. Through that Congress, I began a correspondence with Gita Movallali of the Department of Psychology and Education of Exceptional

Children at the School of Psychology and Educational Sciences Tehran University, Tehran-Iran. In Christianity, much attention is given about Mary's pregnancy and birth of Jesus. Ms. Movallali mentioned that there are many principles about pregnancy and birth in the Holy Qur'an, as well as words from The Prophet Mohammad. What if... these Islamic Prenatal Principles could be Keys To Peace, if Westerners could know of them? I asked Ms. Movallali if she could send some to me. Here are two principles from the Prophet Mohammad: Unfortunate people are the ones who are unfortunate in their mother's wombs. Fortunate people are the ones who are fortunate in their mother's wombs. What Happens When a Baby is Unfortunate in Mother's Womb? In Cyprus in the Summer of 2006, a woman had a son 32 years of age. When I met him in Limassol, he mentioned that he could not understand his very strong burning hatred for Turks. Later, I asked his mother what had been happening during her pregnancy. She told me that in 1974, the year of his birth, Turkey had invaded Cyprus. The Greek community of Cyprus was deeply traumatized. I asked her if she had felt any hatred toward the Turks while she was pregnant. She said "No!" I knew that answer was coming from her personality. So, I asked her if we could work with her Whole-Self. She agreed. When I invited her Whole-Self to take her back to 1974 to remember what was happening specifically for her, she realized that the husband of her first cousin, who was to be her son's godfather, had disappeared. She said that she had searched frantically for him and, to her surprise, recognized that she was feeling great hatred toward the Turks. She was able to tell her son what had happened to her during his gestation and the hatred she had not realized she was feeling. The son understood his hated was her hatred not his hatred and was able to start to release it. So, what we discovered is that prejudice and racial and ethnic hatred can be rooted in prenatal patterns.

MALNUTRITION SAPS INTELLECTUAL STRENGTH BEFORE BIRTH What if... all mothers & babies received proper nutrition? Professor Michael A. Crawford (2000) of Mother and Child Foundation, London, and Chair of the McCarrison Society, writes, Until McCarrison's message of the importance of real food for health, is learned, the globalization of Western disease will continue unabated within developing countries. It is not adverse social conditions on their own that breed violence and mental disorder. It is not just poverty on its own that breeds disease. We now understand that human nutrition is special and it contains essential elements responsible for the development of the brain and mental health, the heart and blood vessels, as well as the immune system. The experimental evidence on this matter is now very robust. It is not our genes that are altering. It is the way nutrition is affecting their behavior that matters. The priority now has to be to address the issue of good nutrition and health world wide, as the most urgent challenge of this 21st Century. We need only to look at the severe obesity in the USA & Europe for confirmation of this. Is obesity because of lack of nutritious foods people are over eating to overcome feelings of starving on other levels of being? Speaking specifically to the need for good nutrition through the generations, Simon H. House (2000) writes: To establish principles for generating healthy people we need to focus on the essence of both nature & nurture, the DNA (deoxyribonucleic acid) whose formation dictates the development of the human form, and also nurture, the DNA's immediate environment which enfolds and nourishes it. As in cells generally, the man's DNA is replicated as he generates sperm complete with sustenance including energy for the journey. A healthy sperm depends on the man's nutrition status and general health. The woman's DNA for reproduction has already been replicated while still in her mother's womb and, therefore, depends on the health of the offspring's grandmother at that time, as well as mother's own from the moment that the oocyte 'wakes up' within her and resumes development. What Happens when Low Self-esteem and Diminishing Depression Infect Individuals? All Society suffers! When I discover the common shared beliefs that I have with all people in my environment (from the microscopic family and friends-to the macroscopic-social class, job, nation) I discover also that, by changing myself as an individual, I can trigger a catalytic process of restructuring as powerful as the wings of the proverbial butterfly creating a typhoon on the other side of Mother Earth. When my beliefs about myself are innately enhancing because I was wanted and welcomed by my parents, the behaviors of all people around me shift because there is no longer the need for inappropriate, even diminishing, destructive realities such as hatred, prejudice and wars to be supported or

mutually mirrored to all of us. Societal Transduction Laura Uplinger (2007) says it succinctly: From immune system disorders to terrorism, from committing suicide to devising weapons of mass destruction, from child abuse to political corruption and from alcoholism to trashing the environment, we are somehow dealing with a lack of self love or a lack of love for others... In her definitive paper, Shirley Ward (2006) states: Violence is displayed in the form of war, riots, murder, torture, terrorism, and crime, all of which seem to be escalating. Many of these forms of violence can only come from individuals collectively. War would be the greatest struggle between nations. National Leaders may take us into war as they act out their own prenatal dynamics in gruesome ways - and others follow their own dynamics (p. 71). What if... babies were not born angry? Anyone who has been present at births knows that babies are born with a full menu of emotions reflecting mother's pregnancy moods. As Carol Tavris (1982) researched, they would not be locked in abhorrent anger for the rest of their lives. What if... the discovery of my innate, prebirth, trance inducing, diminishing, emotional concepts, as well as my enhancing talents, through my Whole-Self Prebirth Matrix is not just important for myself? When I move my individual and parental realities to my social responsibilities, I see how important, even critical, it is, to understand my own, my family, as well as communal, belief systems. Society is not an entity in and of itself. Society is not an abstract construct. It is an entity created by mutuality, by the joining of beliefs, thoughts, decisions, wishes, desires, creative visions, and dreams of a better future for all by separate individuals. Societies have as a familial foundation; primarily shared beliefs, patterns traceable back to humanity's prenatal period. Quoting Shirley Ward (2006) again: From the field of experiential psychotherapy, the answer to the cycles of violence, war, and death-rebirth is to stop the acting out, and relive these cycles of violence at their preconception and pre-and perinatal origins-in order to find peace. Happy Conceptions Make Happy Babies, Make Happy People, Make a Happy World (p.73). Conclusively, we live our lives according to the trauma or glory of our conceptions and our birth. Troya and I make it a practice to send Love and Light to the unfortunate people in the unfortunate wombs of pregnant mothers experiencing war and terror and natural disasters. We resonate to another of Prophet Mohammad spiritually poetic thoughts-A good child is one the flowers of Paradise! MORE WHAT-IFS TO PONDER What if... all human beings could realize that paradise begins in a fortunate mother's fortunate womb? What if... babies were not separated from their mother's at birth? There is credible scientific proof of what some of the well intentioned, but horrific, birthing practices such as separating babies from their mothers, are doing to mothers and our next generation. There would no longer be pathologies like Reactive Attachment Disorder. What if... babies were communicated with from before birth? David Chamberlain (1994) has so eloquently described the brilliance of newborns to communicate. What if... the most horrific crime of Romanian Dictator Nicolae Ceausescu's orphanages, where tens of thousands of babies were fed and diaper changed but never touched nor talked to, could be transformed? Roy Ridgway and Simon House (2006) have beautifully described the effects of such neglect and isolation. What if... future parents, experiencing the structure of their prebirth emotions, became the key practitioners to conscious conception, conscious pregnancy, conscious birthing and conscious parenting? What if... during pregnancy, I can be aware and alert to the feelings that trigger my emotionally encoded trances and reactions? Through this process of prebirth awareness, I can communicate with our child and convey appropriate information about what had happened, and what is happening now, that can be changed. What if... I help people to discover and transform their prenatally encoded diminishing beliefs about themselves, other peoples of all races and persuasions? Potentially, the world itself is changed. And, even better, What if... I can prevent the diminishing seed from being implanted in the emotional education of a fetus? I am then transforming myself and everyone in my environment into an amazingly enlightened society. What if... through the insights coming from prenatal and perinatal psychology, I am defining a new concept of human consciousness, and by doing this, I am advancing evolution into new dimensions? What if... all that I am learning about the prenatal period points to the fact that prenatal education is not only for pregnant women and parents and those directly involved in the birth environment? What if... Prenatal Education is for all of us trying to understand our longing for becoming and our deepest wish

to manifest the best we can as human beings, trying to understand who we are, where we come from, and where we are going on this extraordinary journey called life? What if... every couple planning to marry would discover their Prebirth Analysis Matrix? By knowing and understanding their basic non-conscious personality motivations and psycho-spiritual impulses they would clearly know what they were getting into and could discern if marriage is manageable beyond the first flush of fantasy. What if... every married couple in conflict would discover their Prebirth Analysis Matrix before, or even while, seeking legal recourse? By knowing and understanding their basic non-conscious personality motivations and psycho-spiritual impulses they would clearly know what their situations are and could discern if there should be a divorce and if so an amicable divorce. What if... being aware of Prenatal Awareness, really means truly working, as Thomas Verny, our founder, has requested, in a pro-active way in shaping individual consciousness and collective consciousness? The result would be the creation of a new and more enhancing vector of energy in society. What if... all cultures would recognize that the altering of nature's 50-50 balance between female and males, through aborting female babies and female infanticide, are setting the stage for the potential annihilation of humanity? What if... every mother told every child what she had experienced in that child's gestation? When mother is able to honestly and truthfully look into the eyes of her baby, her child, even her adult child, and speak in total truth about what was happening to her during her pregnancy, the whole reactive pattern changes for child, mother, family, community, and all of society.

CONCLUDING THOUGHTS Through prenatal awareness: I possess the true possibility to recreate that spark for life that was suffering; I possess the true possibility to prevent dysfunction, disease, disaster, and destruction; I possess the true possibility to stop being a revolutionary but, most essentially, I possess the true possibility to become an evolutionary. And, one final What if... every Parent were present for the baby? The sense of being present can commonly be seen in parents who attune with their baby. They seem to be rooted: to communicate a sense of dignity and respect in the present moment. All their energies are channelled to truly perceive what is around baby. This can be evident to an attentive eye during a baby massage class. There is a clear difference between parents who massage their babies seeking to perform a task and those who play with baby's experience. Being present with baby means being attuned to him or her. Parents who feel present in their relationship with their baby experience an integration of mind and body, essential to sense the baby and meet his or her needs. This presence is extremely important for baby to learn to experience and know his or her true being (Sansone, 2007).

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