

Prenatal Memory Therapy—Wonder Baby Therapy: Dialogue with Wonder Baby

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This paper introduces Wonder Baby Therapy, a Prenatal Memory Therapy that employs hypnotherapy to access and heal prenatal memories. This method acknowledges the consciousness of unborn children and addresses fractal emotions from the prenatal period, thereby enhancing the mother-child relationship. The observed positive outcomes are significant, including the rewriting of memories, the easing of anxiety, and the mitigation of somatic symptoms from traumatic stress. By defining the unborn as Wonder Baby, deserving respect from conception, this therapy reshapes perspectives on prenatal care. Wonder Baby Therapy holds the potential to greatly improve the quality of life of the pregnant mother and her child by fostering prenatal environments filled with love, enabling children and mothers to discover the purpose for which they were born.

The prenatal period, often overlooked, plays a crucial role in establishing a loving bond and attachment between mother and child (Igarashi et al., 2023). Its significance extends far beyond this period, shaping later life (Igarashi et al., 2023). It is crucial to recognize that during conception and gestation, the parents' genetic information, including neurological and epigenetic data, is not only transmitted to their child but can also be passed on over generations (Igarashi et al., 2023a).

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By tracing the core factors that caused the onset of disorders back to the prenatal period, which is much earlier than childhood, I realized the significant influence and importance of Prenatal Memory, the memory of the prenatal period. This discovery led to a gradual increase in the frequency of Wonder Baby Therapy sessions. In my journey with Wonder Baby Therapy (Ito, 2024), I underwent numerous sessions and experiences that led to a profound realization. By delving into the concept of Prenatal Memory, we can access the blueprints of life that guide us to our purpose. This realization was the driving force behind the name of this therapy: Prenatal Memory Therapy—Wonder Baby Therapy.

Wonder Baby Therapy: Preliminary Assessment

Client A is a woman in her late 50s and a former nurse (hereafter referred to as Mrs. A). Her family members are a husband and three children (two children live in separate households due to marriage). Mrs. A reported that her long-standing tension had become more pronounced after her in-laws' passing and that she had been suffering from it for five years without improvement despite extensive medical treatment. She was diagnosed with blepharospasm, eye tension that causes persistent twitching, by the psychiatry department of a local medical institution specializing in traditional Chinese medicine. She tried treatment with Chinese herbal medicine for two years, but there was no improvement.

To explore the possibility that the environment during the prenatal period, the period from implantation in the womb to birth, influences later life, the Wonder Baby Therapy was used as a reference to Ikegawa's classification of Prenatal Memory (Ikegawa, 2008, p. 19) to confirm this through the therapy process.

Wonder Baby Therapy (Prenatal Memory Therapy)

Before beginning the pre-session counseling, Wonder Baby Therapy was thoroughly explained to the patient, and the client's consent was obtained. Since childhood, Mrs. A has been sensitive and reserved, finding it difficult to express her true feelings to others. After her marriage, she moved in to live with her in-laws. During her second pregnancy, she experienced a traumatic incident when her mother-in-law said something hurtful at a time when she almost had

a miscarriage. Even after her mother-in-law's passing, she still struggled with unforgiving feelings.

Mrs. A showed the following symptoms:

- Intense tension around the eyes, causing constant twitching (blepharospasm)
- Both eyelids were almost completely blocked, reducing her vision
- Tension in the limbs caused restricted movement
- Poor complexion, mental exhaustion, and depression
- Overall bodily coldness

First Session

When I guided Mrs. A to return to the scene that had caused these problems, she returned to the womb of her pregnant mother. She told me that her consciousness had returned to the fetus, saying that she was a 6-month-old fetus and that she was warm and comfortable in the womb. She felt her mother's love, but the psychological pain she felt from her mother was too much for her to bear. She repeatedly expressed her distress by saying, "I am in pain. I am in pain. I cannot wait to get out of here." The cause of Mrs. A's mental and physical problems originated in her prenatal period. As Mrs. A was guided to enter the consciousness of her pregnant mother through hypnosis, I sensed that her mother was having difficulty dealing with her strict mother-in-law and was experiencing daily stress that no one could understand. Mrs. A realized that the cause of her distress was not only her own making but that she also was receiving emotional patterns that came from her mother.

As I led her into other stressful situations similar to the one she experienced during the prenatal period, she recalled a specific incident. When she was six months pregnant with her second child, her mother-in-law coldly said to her, "I wish I had never had you as a daughter-in-law," while she was lying down with a bloated stomach. This made her cry, and she found it difficult to forgive her mother-in-law for what she had said. Mrs. A vividly recalled that when she wanted to complain back to her mother-in-law, she felt as if her baby had kicked her as hard as it could; she was unable to say anything back, which was very frustrating. When I asked her what she wanted her mother-in-law to do, she replied, "I want her to apologize for what happened." Mrs. A communicated her feelings to her mother-in-law and got her to apologize. After the posthypnotic suggestion, I released Mrs. A's hypnosis.

After the first session, I explained how to communicate with Wonder Baby through self-hypnosis. I described the work as a way to build a trusting relationship with Wonder Baby through verbal communication with love. I concluded the first session by instructing her to practice this work daily. We then conducted a telephone interview to determine the effectiveness of the counseling and to suggest some tasks before the next counseling session. As a result of continuing the daily self-hypnosis work, Mrs. A's physical and mental tensions gradually began to relax as she was able to communicate smoothly with herself during her life in the womb, with herself as a Wonder Baby. One month later, she mentioned that she was happy to report that her mind had become more optimistic about being able to move her body more freely.

Second Session

When asked to identify the situations that needed healing, the Wonder Baby, who could now communicate with her, stated that the pattern created during the womb was repeated well into early childhood and instructed her to work on healing the undigested emotions of her inner child from her childhood. The term *inner child* is a psychological term referring to childhood memories and feelings. After one month of self-hypnosis, the Wonder Baby had become a sub-personality of Mrs. A—her healing companion.

When Mrs. A regressed to her childhood, the cause of her general tension was revealed to be an incident in which her father yelled at her for laughing while watching television, telling her, "Do not laugh!" As a result, whenever she hears loud voices, she tenses up and struggles to express her feelings, and she remembers not being able to laugh. I conducted a session in which we met a nervous inner child scolded by her father, "Do not laugh!" The inner child looked down with a lonely expression and hugged her doll. When we asked her what she wanted to tell her inner child, she said, "I want to make clothes for my doll with my mother." As we guided her into the future created by Wonder Baby, we could see Mrs. A. communicating smoothly with people, enjoying her activities, and having pleasant conversations. After the posthypnotic suggestion, I released Mrs. A's hypnosis.

Mrs. A continued with the self-hypnosis work, and her Wonder Baby became an advisor in her life. Therefore, I can confirm that Wonder Baby Therapy has had significant outcomes. Mrs. A's eyelids were beginning to open wider than before. Three months after the first visit, the tension in her whole

body was relieved, and her mind was at peace. She reported that the tension she used to feel towards her husband was relieved when she communicated smoothly with Wonder Baby. After the session, she said she could communicate with her husband and was happy to express her feelings.

Six months later, she could move her limbs freely, and her blepharospasm had greatly improved. Mrs. A. recovered to the point where her pupils were visible, her eyelids were almost open, and she explained that her vision became wider. Her nervousness and fear of communicating with others diminished, and she became able to engage in positive conversation and realized the importance of expressing her feelings. Through two sessions and continued work with self-hypnosis, Mrs. A experienced significant benefits from understanding her mother's feelings and being able to forgive her mother-in-law. She reported that not only had her physical and mental state changed, but also the relationship between Mrs. A and her daughter, and even between her daughter and her grandchildren, had notably improved.

The healing experience that happened to Mrs. A led to the realization of the holistic mind-body-spirit connection. With 40 years of experience as a nurse, she now wants to incorporate this awareness to help others facing the same challenges. She is now pursuing a career as a counselor. The researcher found that after completing the healing process for mother and child, Mrs. A's physical and mental symptoms significantly improved. She became a counselor for mothers and children and achieved her life purpose because she became a licensed counselor and is actively working as a counselor. Through Wonder Baby Therapy, Mrs. A has fulfilled her life's purpose.

Discussion

In the first session, I noticed that Wonder Baby, who was initially stubborn, was regaining her energy because she longed for positive communication with her mother. As the sessions continued, I felt it was important to rebuild the mother-child bonding with love starting from the prenatal period. I suggested that Mrs. A try daily self-hypnosis work. Her stress during the prenatal period has had a lasting effect on her for over 60 years. It required continuous self-hypnosis work to recognize and address the deep-seated emotional patterns that originated during the prenatal period. This process could serve as a catalyst for transforming future experiences into more positive ones.

The second session healed unaddressed childhood emotions, and the apology work brought about forgiveness, which resolved the client's long-standing dissatisfaction and negative emotions. Based on the latest neuroscience findings, brain circuits do not operate in a linear manner (Iwasaki, 2020). Instead, they work by predicting the future and making slight modifications. The more accurately the brain predicts the future, the less need to modify behavioral output. Finally, by conducting future pacing and encouraging Mrs. A to imagine a positive future, she gained hope and was motivated to take action toward it. She experienced a growing sense of emotional stability as she understood her life circumstances.

The transformation in Mrs. A, who later became aware of the interconnectedness of life across time and space, provided an opportunity to explore the possibility of bi-directional healing benefits between the ancestors who shaped her past and her descendants who connect her life to the future. John Bradshaw (1993) writes, "The inner child, or inner child of the past, is the source of the suffering in life" (p. 28). By going further back in time than the inner child in childhood, we can trace the source of life's suffering to the mother's stress during the prenatal period. Based on this, I believe that a mother's emotions can affect the fetus during the prenatal period and have negative impacts on their life.

In the above-referenced case, the stress caused by Mrs. A's mother's tension with her mother-in-law had a detrimental impact on Mrs. A. It not only made her pregnancy difficult due to lack of understanding and support but also resulted in ongoing challenges in her adult life. This suggests that maternal stress not only directly affected Mrs. A as a fetus but also indirectly contributed to her difficulties in life as an adult. Sabina Spielrein (1991) states, "It is impossible not to feel this destructive, reconstructive process" (p. 367). In other words, inside the womb, the fetus is directly affected by the stress vibrations transmitted by the mother.

Wonder Baby Therapy and self-work as a fetus at the time when she received her mother's stress improved Mrs. A's experience of her prenatal environment. I believe it is possible that even the effects of stress from the mother, which the fetus receives through its five senses, can be healed. Regarding the growth-promoting process Mrs. A experienced from the hope-filled womb, Thomas Verny (2007) says, "A pregnant woman in distress will continuously relay distress signals to her unborn baby shifting the balance of brain development in her child from growth to protection. On the other hand,

signals relaying the existence of a loving and supportive maternal environment encourage the selection of genetic programs promoting growth.” (p. 18). In other words, the signals determined by selecting the fetus’s genetic program during the prenatal period can initiate healing. For example, when Mrs. A regresses to her prenatal period and realistically experiences positive genetic program selection through Wonder Baby Therapy.

In the sessions with Mrs. A, the unborn child and the mother were reconnected through love, bonding, and attachment. We recognized the unborn child as an individual and performed imagery work. This led to healing so that mother and child could cooperate and overcome obstacles from the prenatal period. Therefore, mothers could potentially heal their negative memories by returning to their perceptions during pregnancy and addressing the feelings and sensations they had experienced in the past. In addition to healing the prenatal trauma, dialogue with Wonder Baby can initiate healing. Ikegawa (2008) states, “The unborn child has outstanding abilities and awaits the love and attention of its parents” (p. 144). Respecting the unborn child as an individual from the time of conception would be possible with Wonder Baby Therapy.

Mrs. A’s mental and physical disorders were enhanced because of facilitating positive communication with her mother during the prenatal period. Ikegawa (2008) describes the relationship between the mother and the fetus during the prenatal period as “from the moment of conception, during this embryonic period, we must continue to send messages to the unborn child that the environment in which they are now living is safe and secure” (p. 35). Through the application of Wonder Baby Therapy, Mrs. A could create pleasant memories of her mother and Wonder Baby. The Law of Concentration of Attention (Rose, 2001) states that focusing on a specific idea increases the probability of realization (p. 38). Consistent self-hypnosis practice can help individuals visualize their future. Mrs. A found it effective to actively communicate and recreate a sense of comfort during her time in the womb, which she does not consciously remember. Self-hypnosis work led her to set a new life goal of becoming a counselor.

Regarding the ripple effect of prenatal healing that positively affected the relationship between Mrs. A and her husband, daughter, and grandchildren, the author seeks to apply the concept of epigenetics. Thomas Verny (2021, p. 163) suggests that the expression of genes differs from the life we live, and parental life experiences and environmental exposures modify their germ cells and, in turn, affect the development and health not only of their children but even of

their grandchildren and great-grandchildren. Furthermore, an exciting aspect of this epigenetic mechanism is that it notes that we do not adapt to environmental changes over thousands of years, as in Darwin's theory of evolution, but can adapt quickly, sometimes instantaneously.

The healing effects of Wonder Baby Therapy result from the mother's loving bonds and restructuring attachment towards Wonder Baby. Ikegawa (2024) is adamant that Prenatal Memory involves creating a human who chooses what kind of life they will lead with that information before taking on a physical body. While the conventional view of pregnancy is passive, in that conception occurs accidentally and life afterward changes over time, Ikegawa (2024) affirms that the life that begins with conception, as envisioned by Prenatal Memory, is active (p. 5). Wonder Baby Therapy utilizes the concept of Prenatal Memory to help clients see life's trials and difficulties as essential to realizing their primary purpose for being born, giving them hope for the future. Clients have reported positive changes, greater acceptance of their life circumstances, and increased resilience in both mental and physical health.

Conclusion

This article highlights the positive effect of Wonder Baby Therapy, which restores a client's vision, eyesight, and a larger perspective on life by reconstructing her Prenatal Memory. The therapy enabled the client to view her future more positively, creating a greater sense of purpose for which she was born. I will continue to investigate the potential benefits of this approach in future research. Suppose we can create an environment where Prenatal Memory becomes a loving and tender memory for children who will live in the future; it is possible that children will be born without trauma, and we can imagine a time when life will be even easier to live than it is now. For this purpose, it is necessary to review the quality of life of the mother and child during pregnancy and create an environment that promotes good communication from the prenatal period.

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