

Mother's
Whole-Self PAM
Trauma Story



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WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

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Mother's Whole-Self PAM Trauma Story© 2013

1) In the ____ month of her pregnancy, 2) Mother is at/in _____

3) Before the trauma pattern locks into her, she is feeling _____

4) When (event or continuing circumstance) _____

5) Mother's Physical, Mental, Emotional feelings change to _____

6) These are / are not Familiar Reactions in my life. (Circle which)

7) Mother's Self-judgment words were: (Circle the words which apply)

Unlovable Unimportant 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

8) These are / are not familiar self-judgments in my own life. (Circle which)

9) Mother's decision/decisions or conclusions about herself or her life were

10) These are / are not familiar decision/decisions or conclusions in my own life.

11) (Name) _____ generates the same feelings/patterns in me as (name) _____
did in mother.

12) The event or circumstance was / was not resolved for mother. (Circle)

12a) Mothers _____ It _____ was _____ resolved _____ for _____

12b) What happens next _____

13) From this story, I have learned from my Whole-Self that _____

A Little Revision and the Experience during Gestation Question 12 PAM©

WHOLE-SELF PSYCHOLOGY PAM ©QUEST. 12

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**My Whole-Self is the totality of me which knows everything
my consciousness has ever experienced & wants me to remember.**

AS I EXPERIENCE, GROW, DEVELOP, MATURE & EVOLVE

My body experiences whatever I am doing.

My mind observes/identifies what my body is doing.

It only **describes** the situation or circumstance my body is experiencing.

It lets me **understand** what my body is doing or experiencing.

**My emotions judge what my mind is observing about my body experiencing
& my personality colors it to paint or create my reality**

- whatever I believe is happening.

And, the non-judgmental, loving, benign, beneficent

& patient W-S Law of Repetition (or Karma)

gives me the opportunity to Try It Again!

The Whole-Self Four Laws of Evolution

The following brief description is helpful as an introduction
to the **Whole-Self Prebirth Analysis Matrix© (PAM©)** questions.

One of the main reasons for being alive is to have feelings.

When I experience **feelings** which I **do not like feeling**, my personality,
whose main functions is to **keep me from feeling pain**,
reacts in order to **deny, resist, avoid &or suppress** my diminishing feelings.

This creates a **Natural Law** which states:

Whatever I am opposed to - I have to experience!

Have I ever said I will **never** do something? Did I end up **doing** that very thing?

Or, have I ever said, 'I will **never** be like someone - my mother or my father?'

Twenty years later, I look in the **mirror** & who is **looking out at me?**

This Natural Law is called:

THE WHOLE-SELF LAW OF OPPOSITION

Whatever I am opposed to - I have to experience!

At the moment I **oppose** my situation & the feelings which they stimulate,

I non-consciously make & confirm judgments against myself.

(Not against others.)

Please close your eyes & as I say these self-judgment words allow your Whole-Self to let you hear 'Yes!' or 'No!' or simply sense if any seem to pop out.

Self-judgment words can be: (Abbreviation for memorized words underlined.)

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

Please open your eyes! Did you hear 'Yes!' to any of them? Did any sound louder?

Are those familiar self-judgments?

Even though I can say, for example, that I am Worthy or Powerful,

I can still be in situations where I feel worthless or powerless.

**My life experiences demonstrate
what I actually believe about myself.**

This Natural Law is called:

THE WHOLE-SELF LAW OF CONFIRMATION

‘Whatever I really believe about myself, I will keep proving to myself!’

(Through my life’s experiences!)

When I **oppose** what I am feeling & make these non-conscious judgments

against myself, at the same time,

I make diminishing decisions or conclusions about myself;

about **people** I believe are doing things to **harm me**;
about my **parents**, any **authorities**, about the **world**.

Optional Points:

My **diminishing decisions** are **objective, universal generalizations**.
Examples of **decisions** are 'The world is always dangerous!'
'Children are ungrateful!' 'People (women or men) are **always** hurtful!'
My **diminishing conclusions** are the result of my **subjective** experience in life.
Examples of **conclusions** are 'My mother did not want me!'
'My teacher does not like me!' 'I can never learn!'
Self-judgments can be said to be **conclusions** rather than **decisions**.

Key words alerting to diminishing decisions
are ' **'NEVER' 'ALWAYS' 'MUST' & 'SHOULD'**.'

This Natural Law is called:

THE WHOLE-SELF LAW OF DECISIONS

**'My conscious & non-conscious decisions &/or conclusions
determine or create my future!'**

The Law of Decisions is also the Law of Creation because it creates experiences.

**Please close your eyes & please allow your Whole-Self to let you
experience the most defining decision of your Life? (Pause & discuss)**

If my beliefs create enhancing patterns, they can be **balanced & harmonious**.

Then there is **logic**. This is sometimes called **Common Sense**.

Without logic, there is **dyslogic**.

When my decisions are dyslogical, my life is dysfunctional!

When I **oppose** what I am **feeling**;

when I make non-conscious **judgments** **against** myself;

& when I make **diminishing decisions** &/or **conclusions** **against** myself.

The W-S Law of Repetition simply says 'Try it again!'.

I keep repeating the pattern or '**Trying It Again!**'

A mistaken reality pattern: "Because I had pain when my love left me
I will **never** fall in love again!"

When I cannot love, I am a victim.

I am a **victim** when I cannot see an option in my situation.

I am no longer a victim when I **stop opposing** my feelings
by **looking for options or other possibilities**.

When I can see **even one option** in my situation,

I **stop reacting** the way I always reacted,
- since I first went into a **reality trance pattern**.

When I **recapitulate** my **reality trance pattern**

then I **respond** in a **different or better way** to the **situation**.

I can take as much **time** as I need or want to keep **Trying It Again!**

This **Natural Law** is called:

THE WHOLE-SELF LAW OF REPETITION (or Karma)

Try It Again!

THESE ARE THE FOUR WHOLE-SELF LAWS OF EVOLUTION!

Human beings naturally seem to resist change!

So Creation offers us a sub-law to the Law of Repetition.

This could be called the Whole-Self Law of Accumulation

When I **oppose the feelings** I am having, I get a **sensation of pain or resistance**.

When I **oppose my feelings**, I make **judgments** against myself.

When I make **judgments** against myself, I make **diminishing decisions**.

& I am given the gift to '**Try It Again!**'.

Each time I '**Try It Again!**' the pain of the previous times
gets added to the next time.

When the accumulation of pain get strong or intense enough

I am motivated to seek help to change my opposition patterns.

Option for use when appropriate working with spiritually oriented persons.

The W-S LAW OF REPETITION can also be called the LAW OF KARMA.

Karma is an eastern term which is commonly taught as

a Law of Judgment; cause & effect; punishment & reward;

what I do unto others in the Christian religion.

But, if I meditate deeply enough on karma,

I discover that karma is the exact opposite.

Karma is non-judgmental, loving, benign (harmless),

beneficent (gives grace), & most of all karma is patient.

I can Try It Again! as often as I want or need to

until a reality pattern or belief I have activated is balanced.

Try It Again! can be repeated as many times as I want

in my present lifetime or in as many lifetimes

as are necessary to balance them.

Discussion Options: Relationships are Mirrors - Double sided Mirrors;

a Blind Spot is an opposition to get around points that cannot merge:

something cuts off. Is it Fear to let something happen?

Often without stimulation to change there can be no evolution!

Whole-Self Prebirth Analysis Matrix (W-S PAM) is an exercise

in creative imagination.

The Whole-Self Is the All Encompassing Totality

the master computer which stores all experiences.

Please just allow your answers to creatively come to you.

Some persons **hear** spoken **words** which are the answers.
Some persons **see** written **words**.
Some persons **feel** the **feelings** in their own bodies.
Some persons just **know** the answers.
Some persons can get a **combination** of these.

- 1) Please **do not try** to think of the answer.

Just give the **first thought** or **first feeling** which comes to you.

The #1 Whole-Self Principle says:

**I CANNOT CHANGE SOMETHING
UNTIL I KNOW WHAT NEEDS TO BE CHANGED!**

QUESTION #12 The next question is answered with a **YES** or **NO**.

- 12) **Specific question #12:**

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

NOTE: It is better to let people go through the rest of this set of questions with eyes closed in order to experience the total encoded emotional reactions.

NOTE: In a **W-S PAM Workshop** please say: It is not necessary to write down all the questions as there can be this flowing narrative.
& participants use the written questionnaire.

NOTE: **Intense W-S PAM Trauma Discovery Life's Streams patterns** are not only connected to mother's experience during her pregnancy but can **also benefit** from tracing them to the **past life dimension** as well. And so, as you are guiding people through the W-S PAM Trauma questions it is appropriate to be alert as to the benefits of a **Past Life Echoes Regression Session** immediately or later.

- 12a) Please allow your **Whole-Self** to let you sense
was there **more than one trauma?** **YES or NO?** {If so clear each.}
Please allow yourself to **experience** the following questions
as a **progressing sequence**.
I will repeat the questions after you open your eyes.

12b) Even if you heard 'NO!', the specific question is:

Please allow your **Whole-Self** to let you feel if mother **had felt a trauma,**
or **continuous diminishing condition,** would it have happened during
the **1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, or 9th** month of her pregnancy?

Please be aware of any number or numbers which **popped out.**

12c) If a number popped out, please allow your **Whole-Self** ->
to take you to that **month** & to **see the place** where your mother is,
just before the trauma or emotional circumstance strikes?

12d) Please allow your **Whole-Self** to let you **experience** what mother is doing
& the **feelings** mother is having **just before** the trauma
or emotional circumstance or patterns lock in to her?

12e) Please allow your **Whole-Self** to let you **experience** what happens
to those feelings as the trauma or emotional circumstance strikes?

(Optional expansion: Feel mother's physical, mental & emotional reactions to it.)

12f) Please allow your **Whole-Self** to let you **experience**
are/were these **familiar feelings** in your life. YES or NO?

12g) Please allow your **Whole-Self** to let you experience the **self-judgments**
mother makes **against herself** as she reacts to the trauma or circumstances?

Mother's Self-judgment words can be:

Unlovable Unimportant 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 (Pause)

12h) Please allow your **Whole-Self** to let you **experience**
are/were these **familiar self-judgments** in your life. YES or NO?

12i) Please allow your **Whole-Self** to let you **experience**
any **diminishing decision/decisions** or **conclusions** mother makes
about **herself, her life or you** as the trauma strikes?

12j) Please allow your **Whole-Self** to let you **experience**

are/were these **familiar decisions** or **conclusions**

about yourself or/in your own life?

YES or NO?

Did you make those diminishing decisions in order to survive?

12k) (This next question is Optional!) If someone was **attacking** or **offensive**

to **mother**, please allow your **Whole-Self** to let your **experience**

has there been or **is there anyone** in your own life who made

or makes you feel those **same reactions, self-judgments &/or decisions**

which your mother experienced? **YES or NO?** If so, **know who** that is.

12l) If **mother's trauma** or **circumstances** were **resolved** or **not resolved** at that

time, please allow your **Whole-Self** to let you experience **how**.

12m) Is there **anything else** your **Whole-Self** wants you to **know** about mother's

experience & **how** it has or is **affecting your life** earlier or at this time?

If so, **know it now**.

Say: Just fill in the blank spaces in the following story
as though this is a creative writing class.

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9) Mother's decision/decisions or conclusions about herself or her life were

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11) (Name)_____ generates the same patterns in me as (name)_____ did
in mother.

12) The event or circumstance was / was not resolved for mother. (Circle)

12a) It _____ was _____ resolved _____ for _____ mother

12b) What happens next _____

13) From this story, I have learned from my **Whole-Self** that _____

MEANING OF QUESTION #12

Question 12) deals with trauma or diminishing circumstances

mother may have experienced during her pregnancy.

People often say 'NO!' because the personality wants to protect from pain;

then hear a number pop out or sound louder

when the 9 months are given.

This question usually helps me to discover the non-conscious source of

my most frequently felt reactive feelings,

my most frequent diminishing self-judgments,

my most frequent diminishing decisions in my life.

Did I make those diminishing decisions in order to survive?

The familiar 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*'.
They may be the main reasons why I was vibrationally attracted to
my mother which I needed for my growth, development & evolution.
I may have discovered that I have been borrowing my mother's feelings
so that I can activate & then release myself from those reality patterns.
These memories are not only encoded in my mother's eDNA memory
but usually also are encoded by mother's hormones
in the cellular memory of the little body
from when it was still part of my mother's body.
*Option: Visualize mother & experience appreciation in your heart
for how perfectly you have served each other.*