

WHOLE-SELF
PREBIRTH ANALYSIS
MATRIX (PAM)©



Jon RG & Troya GN Turner

WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for Whole-Self Prebirth Psychology

Training Material for Students ONLY
PAM Complete Guide

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Jon RG & Troya GN Turner, **Co-Founders & Co-Directors.**

Waterrad 92, 1613 CR Grootebroek,
The Netherlands,
Email: Whole-Self@quicknet.nl

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Jon RG & Troya GN Turner, Co-Founders/Co-Directors

Waterrad 92, 1613 CR Grootebroek, NL

Tel: (31) 228 513 630

Email: Whole-Self@quicknet.nl

International Medical Director: Dr. Ruth Medvedowsky

Website: wholeselfprebirthpsychology.wordpress.com

www.Whole-Self.info & www.Whole-Self.co.uk

UK Co-Director: Sheila Crouch

Germany Co-Director: Sigrid Westermann

Greece/Cyprus Co-Director: Olga Gouni

Italy Co-Director: Smilja Janjatovic Pugliesi

Mexico Co-Director: Maria de Leon Crowhurst

USA Co-Director: Lael Belove

Venezuela Co-Director: Patricia Castillo

WHOLE-SELF PREBIRTH ANALYSIS MATRIX©1988

by John-Richard Turner

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by Jon RG Turner & Troya GN Turner-Groot

No matter what the language always use the International "Whole-Self"!

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MOST IMPORTANT NOTE:

IT IS ESSENTIAL THAT THE MEANINGS OF THE
PREBIRTH ANALYSIS MATRIX QUESTIONS

NOT BE REVEALED UNTIL AFTER THE ANSWERS

HAVE BEEN GIVEN BY THE PARTICIPANTS.

If a client knows the meaning of a Whole-Self PAM question
her or his personality can give answers to 'make nice'
so as not to have memories which are 'painful'
& therefore a challenge to be overcome.

When the client does not know the meaning of Whole-Self PAM questions
The Whole-Self of the person is able to give answers
which are not influenced by psychological projections.

Before finishing the Whole-Self PAM workshop or individual session,
please be sure to communicate that it is alright to tell others
what has been learned but not to speak the questions
which revealed that information.

This is because should the person be told the question
& the meaning of the question, ever do a Whole-Self PAM,
neither they nor the Whole-Self Practitioner
would be able to be certain
if answers were coming from that person's Whole-Self
or a memory retained by her or his personality.

Also, in order to experience the complete transformation
available through the Whole-Self PAM,
before finishing the Whole-Self Pam questions,
it is essential that the client understand her or his
commitment not only to answer the Whole-Self PAM questions
but also the commitment to do
the Whole-Self 4th Dimensional Balancing
& the appropriate writing
& implementation of relationship contracts.

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Meanings of the W-S PAM questions are in Boxes.

Notes to Practitioners are italicized to be used
as information & guidelines - not to be shared with client.

THE GENERAL WHOLE-SELF PRINCIPLE IS
TO BEGIN EVERY WHOLE-SELF SESSION WITH
THE WHOLE-SELF RADIANCE RELAXATION EXERCISE.

The W-S Radiance Relaxation Exercise can be given
before or after the following general introduction.

WHOLE-SELF PSYCHOLOGY ©Jon RG & Troya GN Turner

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**.

NOTE: It is helpful to have memorized the following words. Underlined portions are
Abbreviations for words which Practitioners write from clients in individual sessions.

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!"**

I am reminded of the Lorenz Hart & Richard Rogers lyric

from *The Boys From Syracuse*

*Falling in Love with Love is falling for make-believe!
Falling in Love with Love is playing the fool!
Caring too much is such a juvenile fancy!
Learning to trust is just for children in school.*

*I fell in Love with Love one night when the moon was full
I was unwise with eyes unable to see!
I fell in Love with Love, Love ever-lasting!
But love fell out, with me!*

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 Agains! 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!

An aside from JRG about stimulation:

'I was a guest on the *I Dare* program on Sigma TV in Nicosia, Cyprus. The other guest was a\the most famous philosopher of Cyprus. I was informed before the program started that he was invited to be on programs to destroy guests. I was not the least concerned.

I put on the earphone to be able to hear the translation of the Greek from the Hostess, the philosopher, & telephone questions. I discovered that the system was not working. I could not hear the translations. What I did was to connect with my Whole-Self to give me the sense of what I needed to respond to.

As the show began, the hostess invited me, in English, to speak about Whole-Self Prebirth Psychology. I made the statement that not only do I inherit the genetic DNA from my parents which gives me my physical characteristics, but that I am also the synthesis of the charged emotions & thoughts of my mother & father from the nine months of my gestation. The hostess turned to the philosopher in keen anticipation that he would prove that what I had just said was wrong. The philosopher looked directly into the camera & said,

"I agree with everything Mr. Turner has just said!"

That was a shock to her. All she could do was invite listeners to telephone to ask questions or give responses to what I had said. This is where the crunch came. I could not understand what was being asked because the intercom was not working. Here is where my Whole-Self came on-line.

I responded to what I sensed was being asked or said. After the program finished, I apologized if I had not responded appropriately. I was told that I had responded perfectly to all the questions. That was some stimulation. It was not me but my Whole-Self which gave me the appropriate thoughts & words to speak. I thanked my Whole-Self for having served me perfectly.

Practitioner Note: Optional section:

**This section can be used in groups or individual sessions
if you feel it is appropriate & there is time.**

These points can also be used as a basis for a W-S Past Life Echoes lecture.

For ease of understanding & integration

I will say the following in the first person, 'I'.

A) CREATION is a logic system. (See Appendix regarding Chaos Theory.)

**B) When I die with unresolved charged diminishing emotional/mental patterns,
those reality patterns, my beliefs, were locked into my consciousness
in this three dimensional world or reality.**

- C) In order for my consciousness to evolve those reality patterns they need to be objectively re-visioned, re-experienced & released without opposing the feelings they previously generated.
- D) Reality is whatever my individual personality believes has happened; or non-consciously believes is still happening from the past. Reality, a function of my individual personality, is not consensus. (e.g.: Ten people giving different descriptions of the same auto accident illustrates each having their own reality.)
- E) Since those reality patterns were locked into my consciousness in this 3-dimensional reality or world, I have to come back into this three dimensional reality to activate & release myself from them.
- F) When I have died in a Past Life Dimension of Consciousness unless the death was particularly horrific, I do not remember the events of the death, but I non-consciously remember, or carry with me, the memory of the feelings I was feeling at that death. These non-conscious memory feelings are called phobias.
- KZ Syndrome: If the death was horrific, such as dying in a concentration camp, the feelings & even images may not only be locked in my non-conscious memory, but even my conscious mind. (I resist any pictures, movies or information about Nazi Culture.) These intense feeling & image patterns also create phobias.
- G) When my consciousness is ready to reactivate in order to release myself from those feelings, my consciousness does this by being energetically attracted to a mother & father who are energetically experiencing the same charged emotional patterns which my consciousness had been locked in when I died in a Past Life Dimension. **This is called ENERGETIC or VIBRATIONAL ATTRACTION.**

- H) I do not choose my parents: my parents do not choose me!
Those vibrational patterns - not volitional choice -
are what attract my consciousness to my mother & father.
- I) This can explain why some people have horrendous parents.
- J) My parents offered me the possibility or potential of having
my reality patterns set-up or activated during my forthcoming life.
- K) After my birth, when my consciousness enters the new-born body,
my reality patterns are set in motion or are activated.
- L) The Whole-Self Model succinctly states:
My reality patterns are INITIATED in a PAST LIFE Dimension!
They are POTENTIAL during the 9 months of my GESTATION!
To be ACTIVATED during or after my birth to be transcended!
- M) An Whole-Self Principle states:
I do not come into life to keep repeating those same reality patterns!
I come into life to learn to change, release & transcend them!
- N) This is a variation on the Whole-Self Principle:
I do not come into life to do what I know I can do!
I come into life to do what I know I cannot do!
- O) I am also vibrationally attracted to my mate - my perfect mirror!

NOTE: The following guidelines below should be clearly stated
before the **Whole-Self Prebirth Analysis Matrix** questions are asked.
If the **Whole-Self Radiance Relaxation Exercise** has not yet been
done this is an opportune place for it.

WHOLE-SELF PAM PARAMETERS

**A basic Whole-Self Principle says: One of the main purposes
of my personality is to keep me from feeling pain.**

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!**

- 2) Please trust your **Whole-Self! Do not change** an answer you do not like.

So please give your first answer so that you & I know what needs to be changed.

Through the **Whole-Self 4th Dimensional Balancing** you will receive
written instructions on how to **effectively change** those **patterns**
which you want to change.

- 3) Please do not try to get an answer. Just allow!

NO ANSWER or **NO FEELING** can be the answer!

- 4) If the answer seems to **contradict** some information you may already have
been told, please **do not argue** about which is correct. (e.g. Being told
that you were **wanted** & **discovering** that **mother wanted** an **abortion**.)

If you were **told** something **different** it can be discussed later.

Just **give** the **first idea** which comes to you.

- 5) You are **not dealing** with your **personality** or **memory**.

Projecting how you think your parents **would have reacted**
based on **how** you have **seen them acting will not work**.

Most people **change considerably** from how they were

before & after a child is born. Please trust your **Whole-Self**.

- 6) The information is **not an invasion** of your **mother's or father's privacy**.
It is information which is already in your **Whole-Self bio-computer**.
- 7) Even if you have **never met your father or your mother**
you can **still do this imaginary journey of discovery**
because your **Whole-Self** computer has all the information.
In fact, sometimes you can get **clearer information**
than you would if you did know both your parents.
- 8) **Before** some of the **questions**, you may be asked to do a **visualization...**
to use your **imagination to create a picture in your mind**.
- 9) To be clear about the **exact question** which I am inviting your **Whole-Self**
to give you the answer to, I will always state: **'The specific question is....'**
- 10) One way to **understand** the difference between **emotions & feelings** is:
Emotions are the fire! Feelings are the heat!

David Bohm suggests that we are not recovering FEELINGS but FELTS.

<u>Note:</u> In a Workshop only, please speak the following 11) > 14):

- 11) Your purpose here is to have the experience.
Writing questions can block you receiving asked for information.
So please do not attempt to write down all the words
I am giving in the long questions.
This delays everyone as I do not proceed to the next question
until everyone stops writing. (Humorously) Yes! Guilt!
If you are a Therapist, training is available for you
in which you can receive all the scripts & their correct use.
Today, please just allow your **Whole-Self** to give you the experience.
- 12) After I speak the **full Specific Question**, I will give an abbreviated version
of two or three words **bracketed** with the words **(In parenthesis...)**
When you get your answer from your **Whole-Self** please, immediately

write down the (abbreviated phrase in parenthesis)

followed by the answer you receive from your Whole-Self.

- 13) It is **absolutely necessary** that you write down the words I say
in the parenthesis. (Jokingly I'm not Pa or Ma!)

This is necessary to **avoid confusion** later when you want to **share**
your answers & I give you the **meanings** of your answers.

- 14) This W-S PAM is an **exploration** & not a **group therapy** session.

It is **not necessary** for you to **share** your answers.

The important point is that you **write down** the answers you receive
from your **Whole-Self** to enable you to **understand your life** & its **purpose**.

- 15) If you are a **doodler** please **refrain** as I won't continue till you stop writing.

Note: It is appropriate to offer a short break before the **W-S PAM** begins.

The Starting Line

THE FIRST WHOLE-SELF PAM STEPS

- a) As a prelude to your **Prebirth Analysis Matrix (PAM[©])**,
please list **all the major problems** which you have been dealing with
during your **Whole Life**. (Humorously!)
- b) This list should include **all** the problems you have been dealing with,
even those which you may **already** have **resolved**.
- c) The list should include **emotional, mental &/or physical problems**.
- d) The **test** by which to determine if a problem **needs** to be **listed** is often
based on the **feelings & reactions** which you had/have when you think
of the problem, e.g. If you think of mother &/or father
& get a bad or uncomfortable feeling, that is listable.
- e) There are **two options** to do the **PAM** questions:
which do you sense would be best?

1st is to **answer all 22 sets of questions** & than **share** & learn the **meanings**.

2nd is to **answer sets of questions** & **share**. Then, I will give the **meanings**.

The key to the decision is how comfortable you feel staying
in the **Whole-Self Dimension** for the **whole W-S PAM** between it
or **moving back & forth** & this dimension.

f) Reality is whatever I believe is happening.

This is not consensus or agreement with authorities or the world.

The Whole-Self Principle which identifies my reality - my belief says:

If I experience pain, disease, disaster, dysfunction, disability,
disappointment, depression, despair, desolation, Dallas (a soap opera)
isolation, frustration, anger, rage, abuse, violence -

then that is how nature helps me to recognize that

what I believe is happening may be a fact

but may not be true as I interpret it!

e.g. I can believe father abandoned me but the truth was he died in the war.

What could be even more true is that he died in the war so that I could live.

**Whole-Self Prebirth Psychology helps me to discover
my reality & to bring my beliefs into objective truth!**

Realitas Ad Veritatis ***REALITY TO TRUTH***

I do this by moving my subjective reality - my personal belief -
to objective truth, the fact which is universally true.

Once my reality, through my Whole-Self,

is brought into objective truth

my Whole-Self creates in me enhanced degrees of health, wellness,
wholeness, happiness, joy, relationships, abundance & success.

Prebirth Analysis Matrix© by Jon RG & Troya GN Turner

W-S PAM ANSWERS ARE LIKE THE FACETS OF A DIAMOND.

DO I ALLOW THE RADIANCE OF CREATION TO REFLECT THROUGH ME?

We are now ready to discover your **Whole-Self Prebirth Analysis Matrix©**.

This matrix is a **blueprint** or **outline** of your personality patterns in this life.

For ease of understanding I speak this in the first person "I".

My **W-S PAM** helps me to **discover** the **source** of the **main emotional feelings**

I am **feeling** in my life & by taking **responsibility** for these **feelings**

& the **decisions** I made **for** or **against** myself & life;

& the **behaviors** they triggered;

I learn that I have the **power** to **change** these patterns!

Remember the **#1 Whole-Self Principle**: I cannot change something

until I know precisely what needs to be changed.

This **W-S PAM** allows me to **grow**, **develop**, **mature** & **evolve** as a **whole person**!

This is called self-mastery or self-empowerment!

(Optional note: Referring to computer language this can be called downloading the data from my **Whole-Self** to my personality in order to change my patterns.)

*** When we start, please keep your eyes closed until you are asked to open them, then give your answer immediately.

Please **close your eyes** & **breathe quietly** for a moment

to connect with your **Whole-Self**.

Let us start your **imaginary journey** by allowing your **Whole-Self**

to take you back to the **time** & **place** where your **father**

& your **mother** are during that **single act** of **intercourse**

which is going to **result** your **conception**.

This information is **not an invasion** of your **mother's** or **father's** **privacy**.

It is information which is already in your **Whole-Self bio-computer**.

1) **Specific question #1:**

Please allow your **Whole-Self** to let you experience

your **father's feelings within himself & towards himself during**

that **single act of intercourse** which will result in your conception.

(Father's inner feelings?) (Vs F)

These are **father's** emotional feelings *towards himself*, not towards your mother.

1a) Whatever you wrote: Please allow your **Whole-Self** to let you experience

if these are **familiar feelings** in your life. Yes/No? (Familiar feelings?) (FF)

2) **Specific question # 2:**

Please allow your **Whole-Self** to let you experience

father's feelings towards mother during that **single act of intercourse**

which will result your conception.(Father > mother?) (V>M)

These are **father's** emotional feelings *towards mother* not towards himself.

2a) Whatever you wrote, please allow your **Whole-Self** to let you experience

are these **familiar feelings/attitudes** in relationships - not necessarily

sexual - in your life. Yes/No? (Familiar Relationship Patterns?) (FRP)

3) **Specific question # 3:**

Please allow your **Whole-Self** to let you experience

mother's feelings within herself during that **single act of intercourse**

which will result in your conception. (Mother's inner feelings?) (MsF)

These are **mother's** feelings *towards herself*, not towards father.

3a) Whatever you wrote: Please allow your **Whole-Self** to let you experience if

these are **familiar feelings** - not necessarily **sexual** - in your life. Yes/No? (FF)

4) **Specific question # 4:**

Please allow your **Whole-Self** to let you experience

mother's feelings towards father during that **single act of intercourse**

which will result in your conception. (Mother > father?) (M>V)

These are **mother's** emotional feelings *towards father*, not towards herself.

4a) Whatever you wrote, please allow your **Whole-Self** to let you to experience

if these have been **familiar feelings/attitudes** in relationships -

not necessarily sexual - in your life. **Yes/No?**

(Familiar Relationship Patterns?) (FRP)

All meanings of all 22 PAM questions are given in the first person 'I'.

If I tell 'you' to do something your personality non-consciously blocks you from hearing it. But, if you hear a story or allegory about someone else for example 'I' as the speaker, you are able to non-consciously hear by relating to the story & responding to it.

None of the answers in this W-S PAM are good or bad, right or wrong, positive or negative. All my emotions are either enhancing, diminishing or neutral based on my feelings.

People ask: How do I know when the answer is from my Whole-Self?

**Answ: When I get an answer I don't expect or which surprises me.
That is the best proof that the answer is coming from my Whole-Self.**

**My Whole-Self PAM is the source of my reality -
my Life's Streams of Consciousness®.**

THE MEANINGS OF QUESTIONS #1 THRU #4

These first four W-S PAM questions help me to discover

"The Pillars of my Personality", - the four cornerstones,

the four sets of emotions I was born with,

upon which my emotions for this life have been built.

When my pillars are enhancing they are supporting me;

When my pillars are diminishing they are challenging me.

The diminishing patterns are the reality patterns I am in this life to balance.

~~~~~

**Science has proven that I am the combination or synthesis of the genetic coding**

**- the DNA of my parents, which gave me my physical characteristics.**

**In these first four W-S PAM questions & answers I am beginning to discover**

my emotional DNA - my eDNA©.

According to the Ancient Chinese *Taoist Tradition*

I am also composed of two non-physical parts.

One is the female or *yin*. She deals with the inner world.

The other is the male or *yang*. He deals with the outer world.

Have you ever wondered what your yin & yang aspects are?

I am constantly in a seesaw to balance these two extremes

between my male & female parts or aspects or polarities.

Tao means the middle way. (Synthesis)

The middle way is also a basic principal of Buddhism.

One of the most important tools in reaching this balancing  
into the middle way is through my relationships.

This is because my relationships mirror to me those patterns

which I most need to change in myself so that I can

experience, grow, develop, mature & evolve as a Whole Person.

Relationships need to be lived not just read about.!

Exact Meanings of questions #1 > #4:

(Pause between each)

- 1) Father's feelings towards himself help me to discover  
the non-conscious feelings the male part of myself could be  
feeling towards myself in personal or business relationships.
- 2) Father's feelings towards mother helps me to discover  
the non-conscious feelings the male part of myself could be  
feeling towards others in personal or business relationships.
- 3) Mother's feelings towards herself helps me to discover  
the non-conscious feelings the female part of myself could be  
feeling towards myself in personal or business relationships.
- 4) Mother's feelings towards father help me to discover  
the non-conscious feelings the female part of myself could be  
feeling towards others in personal or business relationships.

1a) > 4a) The answers have to be Familiar Feelings

because they come from **my own consciousness**.

**My consciousness creates feelings which create behaviors.**

**Now I read my four answers & now I know where all those**

**familiar feelings & familiar relationship patterns come from!**

(As Mike Whitley said, 'Now, I can accept & reflect my perfect mirrors!')

#### **Optional Points Questions #1 thru #4**

- A) When I die in the past life dimension of consciousness,  
those patterns are locked into me in that 3-Dimensional world or reality.  
In order to release myself from those charged emotional patterns  
I have to come back into this 3-Dimensional world or reality.  
These four questions establish the **four basic pillars** of emotions -  
**enhancing &/or diminishing** - emotional patterns which  
**energetically attracted my consciousness to my particular parents.**
- B) These **emotional vibrational patterns** represent the four cornerstone/pillars  
- the foundation which my consciousness **needs to reactivate**  
**from that W-S Past Life Dimension of Consciousness.**
- C) These are the feelings which are **most strongly non-consciously remembered**  
which were locked in the strands of my **Life's Streams® of Consciousness**  
when I died in that **Past Life Dimension.**
- D) It is the memories of these feelings which cause my **personality**  
to be **reactively repeating behavior patterns** over & over again  
in an effort to help me **remember, reactivate & release** those events  
& their **accompanying feelings** from my consciousness.
- E) When I **reactivate & understand my reality pattern challenges**  
**without resisting my feelings, & without making judgments** against myself,  
& **without making diminishing decisions** against myself  
**I am released from having to Try It Again!**

- F) Once again, it is the **memories of the feelings**  
& **not the exact memories of the Past Life events specifically**

which compose my psychic inheritances -

the feelings which create phobias from horrific deaths.

G) My consciousness creates current events to trigger my non-conscious memories of my unresolved, charged Past Life feelings & emotions. These support my reality patterns (what my personality believes is happening) which are activated at or after my birth in order to be felt.

H) As long as I resist I am still learning what I need to learn from those patterns. By not resisting, I learn what I need to balance those reality patterns.

I) An essential aspect of this non-resistance to my patterns is that I allow my Whole-Self to let me experience what my personality believes will happen to me if I release from my reality & what my Whole-Self communicates to me is the truth of what will happen to me.

J) In learning the lessons during my present life, my consciousness, through my personality, overcomes, releases & transcends my Reality Patterns.

K) These are the Reality Patterns I must transcend or balance in order for my consciousness to continue to experience, grow, develop, mature & evolve in this or future lives.

**EVERYONE SUPPORTS MY RESISTENCE TO CHANGE  
BY MIRRORING TO ME THOSE PATTERNS  
WHICH I MOST RESIST RECOGNIZING IN MYSELF & CHANGING.**

\*\*\*\*\*

**I REALIZE THAT I CANNOT CHANGE OTHERS,  
BUT, WHEN I CHANGE MYSELF, OTHERS CHANGE.**

**AND, I CAN BE APPRECIATIVE FOR HOW PERFECTLY  
THOSE PERSONS HAVE SERVED ME**

**FOR MY GROWTH, DEVELOPMENT & EVOLUTION.**

\*\*\*\*\*

Often, when I transcend my reality patterns

my parents, partners, business associates &/or others

no longer need to stimulate those patterns for me.

So, my parents, partners, business associates & others

can be simultaneously released from those same reality patterns

& our behaviors towards each other change.

\*\*\*\*\*

**IS THIS ALSO HOW I HELP MOTHER & FATHER & ALL OTHER PEOPLE  
IN MY LIFE TO EVOLVE?**

**YES!**

**THIS IS CALLED GROUP EVOLUTION!**

***Optional Point: ENHANCING OBJECTIVE TRUTH:***

**Enhancing & changing are the exact reasons why I am alive.**

By changing my REALITY - the beliefs I have been holding onto about  
my life's experiences - I am able to change my beliefs into Objective Truth.

**Whole-Self** calls my life's experiences my W-S Life's Streams of Consciousness.

This enhancing is facilitated through the **Whole-Self 4th Dimensional Balancing**.

**In balancing & enhancing my basic patterns,  
will the answers to those first four W-S PAM questions be changed?**

The answer is 'Yes!' For example, when I enhance & change my answers  
to Questions 1) & 3), my intimate relationship with myself -  
my male & female aspects change; with my answers to Questions 2) & 4)  
my intimate relationships with other people change.

**Enhancing & changing patterns are methods for individual & group evolution:**

-----  
**I can change my beliefs & then my life changes.**



Or, I can change my behaviors & my beliefs change.

Or, I can change my life & my beliefs & behaviors change.

All change depends on the accumulation of pain I have from resistance.

Everything is an illusion which can be changed from any perspective.

5) Here is a visualization:

During this single act of intercourse father releases

hundreds of millions of sperm (plural) - up to 3 billion.

One sperm is destined to take part in the conception of my body.

Now, please allow your **Whole-Self** to let you experience

the feelings father's single sperm is feeling as he is on his journey

- but not yet reaching mother's egg.

The journey of father's single sperm can take from 3 to 6 days.

**Specific Question #5:**

Please allow your **Whole-Self** to let you experience

5 or 6 feelings or emotions father's single sperm is feeling on his journey

- just his journey - not yet reaching the egg. (Sperm's feelings?) (SpF)

If you get more than five or six feelings that is fine.

**In Workshop say:** If you hear spoken words, please write them  
& also change them into emotion words.

6) Here is a visualization:

**Mother's egg** or *ovum* which will be part of my conception has been

in one of mother's two ovaries since that ovary was created in her body.

This particular month, one of the 50,000 to a million eggs

with which mother is born, erupts out of her ovary.

It is captured by the fallopian tube & begins her journey

which also can take from 3 to 6 days.

**Specific Question #6:**

Please allow your **Whole-Self** to let you experience

5 or 6 feelings or emotions mother's single egg is feeling on her journey

- just her journey - not yet reaching the sperm. (Egg's feelings?) (EF)

If you get more than five or six feelings that is fine.

**Workshop say:** If you hear spoken words, please (write them)  
& also change them into emotion words.

#### **THE MEANINGS OF QUESTIONS #5 & #6**

**Question 5)** deals with the feelings of my father's sperm (Male aspect - Yang).

**Question 6)** deals with the feelings of my mother's egg (Female aspect - Yin).

I can best understand these two questions by answering two further questions:

- 1) As I review the words given for the feelings of father's sperm,  
are there times when those words would describe my feelings  
or attitudes as I am trying to do or create something? YES or NO?
- 2) As I review the words given for the feelings of mother's egg,  
are there times when those words would describe my feelings  
or attitudes as I am trying to do or create something? YES or NO?

These two questions deal with the W-S Laws of Creation & Manifestation.

They help me to understand why I am successful

or have a greater challenge to be successful.

None of the words are right or wrong, good or bad, positive or negative.

Some of the feeling words are ENHANCING (lifting) words

& some are DIMINISHING (lowering) words.

When I have more ENHANCING words, I am more likely to be successful:

& when I have more DIMINISHING words,

I have a greater challenge & struggle to be successful in activities

& Creation & Manifestation in personal &/or business relationships.

Both the enhancing & diminishing words are reflective mirrors to help me  
to experience, grow, develop, mature & evolve as a creative person.

These two questions help me discover the feelings I can have

when I am starting or trying to do or create something new in my life.

**Do I experience those same patterns when I want or have to do something?**

Based on the **predominance** of enhancing or diminishing words

I can now know **why** I am **successful** or **not successful**

when I am trying to **do** or **create something** in my **life**.

**Mother's egg** lives approximately **78 hours**.

**Father's sperm** lives approximately **36 hours**.

This gives approximately **3 to 6 days** for their journeys before conception.

From the **Ancient Chinese TAOIST Philosophy** we learn

that in **each human being** there are **two polarities** or **aspects**

- a **female polarity** & a **male polarity**. This has **nothing** to do with my **gender**.

### **Some Female (Yin) & Male (Yang) Traditional Characteristics:**

**FEMALE:** Right Hemisphere: Inner: Inside: Interior: Passive, Yielding, Receiving, Receptive, Intuitive, Nurturing, Creative, Client, Feeling, Experiencing, Non-Judgmental (Non-Analytical), Aspiring, Holistic.

**MALE:** Left Hemisphere: Outer: Initiating, Initializing, Pioneering, Goal Oriented, Assertive (Aggressive), Active (Action/Manifestation), Trusting, Expressive, Sensory, Inspired, Observing, Judgmental (analytical decisive), Allopathic!

**M = Mother's ovum represents my female or YIN polarity.**

Serotonin (*a neurotransmitter for feelings of calmness, balance & kindness*)

comes from my **occipital lobe** at the back of my head.

**V = Father's sperm represents my male or YANG polarity.**

Dopamine (*a neurotransmitter for the feelings of bliss & activity*)

comes from my frontal lobe.

Since I **inherit** both **male** & **female genes** from my **parents**,

I also can have a **male (yang)** part & a **female (yin)** part within myself.

The aspect with **more diminishing words** is the polarity of myself from

which I came into life to **work on, grow, develop, mature & evolve**.

When there are **more enhancing words** in my **male aspect** I came

to **develop** my **female aspect** which has **more diminishing words**.

When there are **more enhancing words** in my **female aspect** I came

to develop my male aspect which has more diminishing words.  
My Yin & Yang helps me to discover what kind of mother or father I will be.

### **The WHOLE-SELF LAWS of CREATION & MANIFESTATION**

represent the interplay between my female & male polarities.  
By balancing & blending my female & male polarities I can reach ANDROGYNY.  
Androgyny is not about competition nor is it about celibacy  
which can be a renunciation or a denial of sexuality.

#### **Optional points for discussion:**

Father & his sperm are separate in consciousness.

Mother & her egg are separate in consciousness.

1) Some people become totally attached to their emotions  
& ultimately addicted to the adrenaline their emotions trigger.

2) I inherit my male genes & polarity from my father (V) & his sperm;  
I inherit my female genes & polarity from my mother (M) & her egg.

When I believe I am just a biological male or biological female  
I am locked in a diminishing reality pattern.

I can transcend my gender consciousness

& in so doing bring my reality into truth.

For 5,000 years there have been traditional YIN & YANG aspects.

The YIN had been more passive, the YANG more aggressive.

But today because of the accelerated evolution of human consciousness,  
there are no standard extreme or polarized female/male aspects.

In the evolution of the human species  
we are in a time a balancing of the male & female polarities.

**From the Greek this is called ANDROGYNY.**

In the ancient Taoist model,  
the sperm is about competing for the prize;  
the egg has been the prize.

Today, the egg can be about competing for the prize she wants  
& the sperm is the prize.

~~~~~

Without Change There Is Death - A Key To Change Is Accommodation

~~~~~

As my energy changes in response to my environment my DNA  
changes my RNA so my Physical Body Is Always Changing.

**Note:** After talking with our friend, Mondo Sector, who is the human being we know closest in brilliance to Albert Einstein in theoretical mathematical physics, we Googled Einstein's most famous formula  $E = MC^2$ .

Albert Einstein is perhaps the most famous scientist of the 20th century.  
One of his most well-known accomplishments is the formula  $E = MC^2$  where

- $E$  = the energy equivalent to the mass (in [joules](#)),
- $m$  = [mass](#) (in [kilograms](#)), &
- $c$  = the [speed of light](#) in a vacuum ([celeritas](#)) (in [meters per second](#)).

I woke the next morning with an interesting insight. I saw Einstein's formula also as

$E$  = Emotions

$m$  = Mind

$c$  = the speed of consciousness squared. JRG

One of Einstein's great insights was to realize that matter & energy  
are really different forms of the same thing.

Matter can be turned into energy, & energy into matter.

The male dominated society was the thesis;  
the emergence of the women's movement  
in the late 1960s set up the anti-thesis;

Now we are moving in Androgyny which is synthesis.

A Whole-Self Principle describes the W-S Law of Evolution:

I DO NOT COME INTO LIFE TO KEEP REPEATING  
MY SAME DIMINISHING FEELINGS &/or PATTERNS!

I COME INTO LIFE TO WORK TOWARDS CHANGING

**MY DIMINISHING FEELINGS &/or PATTERNS  
INTO NEUTRAL OR ENHANCING FEELINGS &/or PATTERNS!**

**Odd Bits:** In Sweden mother gets a year off after birth; father gets the 2<sup>nd</sup> year off. This has proved essential for the well being of baby & society as a whole. **Beethoven & Mozart** represent the extreme opposite in musical creativity. **Beethoven** always questioned his work. He believed it was never good enough. **Mozart** always got everything right the first time. **Trust is the lesson.**

\*\*\*\*\*

The next three questions are answered by one or more feelings or emotions.

**7) Specific question #7:**

Please allow your **Whole-Self** to let you experience

the instant emotional reactions of mother's egg

as she comes around the curve in the fallopian tube

& sees father's sperm (plural),

which have survived their long journey,

coming towards her. (Egg sees sperm?) (E Sees)

If you hear spoken words, please write them & also translate them into emotions.

**Note:** After a pause you might humorously ask:  
Is this where swear words come from?

**7a) Specific question #7a:**

Please allow your **Whole-Self** to let you experience

the instant emotional reactions of father's single sperm

as he comes around the curve from the other end of the fallopian tube

& he sees mother's egg coming towards him. (Sperm sees egg?) (Sp Sees)

If he says words or statements, please also translate them into emotions.

**THE MEANINGS OF QUESTION #7 & #7A**

These questions have **two meanings** - an **outer meaning** & an **inner meaning**.

**Question 7)** deals with the **ovum seeing the sperm** (plural)

which have survived their journeys,  
& 7a) deals with the **individual sperm** which will be part of your conception  
 seeing the egg which is **80,000 times bigger** than **father's sperm**.  
**Is this size differential were my fear of being rolled over on could come from?**  
 In medicine, it was believed that there was a **fierce competition**  
 as to which **sperm would win the race to conquer the egg**.  
**Video** shows an **acknowledged champion** supported by all the other sperm.  
 If the **champion sperm loses energy** the **cohort pushes him on**.  
 The **OUTER** helps me **discover my non-conscious, hidden or secret feelings**  
 when I **meet people in general**. (Female & male feelings)  
 The **INNER** helps me **discover my non-conscious, hidden or secret feelings**  
 when I **meet a specific person** (Male & female feelings)  
 I would like to have as a **friend, buddy, lover or partner**.  
 In other words, these are probably my **secret even non-conscious feelings**  
 when I **see someone I like a lot**. - 'Meeting my mate!'  
 It helps me to understand how I **might act to get that person's attention**.  
**How I 'fluff my feathers!' 'My ritual courting dance!'**  
**Whatever will attract 'the object of my affection'!**  
 I have a wide variety of **behaviors** I can act out  
 depending on my **personal integrity**.  
 I can **smile & be kind & courteous** to create an **enhancing (up)**,  
**happy & good friendship** - a range of **enhancing expressions**.  
 Or, if I **don't like myself very well**, that is, have **low sense of self-esteem**,  
 I might **insult, demean or diminish** (put down),  
**dominate & control** the other person.

{At birth being told to 'Push!' can stop the birth}

{Caesarian pattern: babies wait for savior & at same time want control.}

---

I might diminish others through **conflict & chaos**

because I **believe** that the way to have **friendship**  
is by **manipulating, controlling & diminishing** the other person  
to **make** him or her **feel** the **same** or even **worse diminishing feelings**  
than I am feeling **inside myself**.

If I **feel fear**, I **lock into fight, flight or freeze** such as **agoraphobia**.

If this happens regularly, I become **addicted** to my **adrenalin**.

### **Pain Equals Love is sharing our pain.**

**Abused people protect their abusers.**

**1) Stockholm Syndrome** - When people on a train were held **prisoners**  
they **protected** their **captors**.

**2) Near the end of WW II, Allied soldiers** were ordered to rush into  
the **Concentration Camps** to **prevent camp guards** from **killing more people**.

The prisoners stood in front of the guards to protect them.

**I have no pleasure receptors? - only pain receptors.?**

**I have to love myself before I can share love with another person.**

Optional Discussion Point: **Pain comes from resistance.**

The **greater my resistance** - the **greater my pain**.

**Love does not bind people - pain binds! (Pain = Love)**

~~~~~  
This can come from my **PAM**; childhood memories of **abuse**; &/or seeing
parent's conflicts. **Serial Lovers**: often unless there is **pain & adrenaline**
in relationship I have a **rush of adrenaline** I cannot feel I am loved.

Although I can **yearn** for a **gentle loving partner** why do I **reject** one?

Answer: S/he is boring!

Reactions:

The Case of the Cavalry Charge - Egg says, **"They all want me!!!!"**

The Case of the Reluctant Sperm: My male aspect holds back.

Unglued. Brave or fearful. He feels forced to have to do something.

"It's enough!!!"

"I felt like a Japanese kamikaze pilot in WW II diving into an aircraft carrier."

Post graduate depression. In Universities many people stop at the last step before earning their doctorates because they will earn more than their fathers do.

Some people believe it is easier to keep things as a goal than to achieve them so they have to find some other goal.

Some say: “I can’t do it without you!”

Another: “I fell in love with me in an effort to reflect the best parts of me!”

8) Specific question #8:

Please allow your **Whole-Self** to let you experience

the **egg's** instant emotional reactions as she is surrounded & engulfed

by the surviving sperm (plural) trying to enter her. (**Egg engulfed?**) (**Eng**)

Again, if she speaks words, please write them & translate them into emotion words.

THE MEANING OF QUESTION #8 - A PRECURSOR FOR CLAUSTROPHOBIA

Here we meet the Female Ego born from the egg's sense of importance.

Question #8 deals with the **egg** being surrounded by those hundreds of sperm (plural) which have survived their long, hard journey.

These include the **one spermatozoid**

which I **discovered** is going to **develop** into me.

The **OUTER** meaning of **Question # 8** helps me to discover

the non-conscious secret or hidden feelings of my female aspect

towards being **vulnerable** in a crowd, group, class, workshop or job.

Vulnerable can be both enhancing or diminishing.

The word comes from the Latin ‘to wound’:

thus, the risk to be wounded or woundable.

In its **diminished** form **vulnerable** can mean fear of the unknown, uncertain, exposed, unprotected, weak, insecure or unsafe to the challenge to be overcome.

In its **enhanced** form **vulnerable** can mean confident, protected, strong, secure, trusting, powerful or safe feelings to take the challenge.

In other words, it helps me to **recognize** how either
uncomfortable or comfortable I could be feeling
to share about myself with others in a group, class or job.
The **INNER** meaning of **Question # 8)** helps me to **discover**
the **non-conscious attitude or willingness** of my female aspect
towards being **vulnerable** on a personal, one to one level.

It has to do with my female aspect's vulnerability,
personal intimacy & sexuality.

When I look at my list of problems, especially in relationship to my partner,
is my inability to be vulnerable, a significant factor
in choosing to separate or to divorce?

Vulnerability is my ultimate mirror through which I can view
my physical, mental, emotional & spiritual bodies in different proportions.

What does this have to do with male or female gender?

When I **identify** with my **engulfed egg**, in an intimate situation,
I **identify** with my **female aspect** as **receiver** rather than as **initiator**.
When I **identify** with my **surrounding sperm**, in an intimate situation,
I **identify** with my **male aspect** as **initiator** rather than **receiver**.

Almost 40 years ago, through **Question 8)**, we discovered & taught that
sexual preference & attraction is locked in before birth
- even before conception!

In **Gay & Lesbian** relationships both persons
have a **male/initiator & a female/receiver**.

In **Gay Men**, could it be that I am locked in my **egg/female/receiver**?
that my **spermatozoid** was not attracted to the **egg**?
that my **spermatozoid** felt **overwhelmed or rejected** by the **egg**?
that my **spermatozoid** felt an **obligation &/or a lack of choice**?
In **Lesbian Women**, could it be that I am locked in my **sperm/male/initiator**?
that my **egg** might be **terrorized** by the **sperm**?

that the **egg** was **disappointed** by the **sperm**?

that the **egg** felt an **obligation** &/or a **lack of choice**?

Just **recognizing** all of this information about my **innate** (born with)

gender & **sexual patterns** often releases feelings of **fear**, **guilt**

or **diminishing self-judgments** or **decisions against myself**.

My sperm is not me! My egg is not me! I am the synthesis of both!

If I have felt **uncomfortable** about my **relationship** or **sexual feelings** or

preferences, that is, **intimate feelings** towards others of my own **gender**

I can now **recognize** that these **feelings** or **patterns** are **not bad** or **wrong**,

sinful, **evil** or **sick** but actually **existed** even **before** I was **conceived**.

Do feelings before conception prove that I existed before my body was created?

All the Questions we have been discussing to this point
reveal feelings & patterns which existed **before** I was conceived.

This next is a **fascinating** question for your **imagination**!

9) Specific question #9:

Please allow your **Whole-Self** to let you experience **where** you,

the **sense of yourself**, is located just **before** the moment

of **conception**. (My consciousness before conception?) (C Be4)

THE MEANING OF QUESTION #9

The purpose of **Question #9** is to recognize an **expansion** of **self-awareness**.

The **significance** of this question is simply to allow me to discover the **fascinating possibility** that I could have **existed** as a 'me' **before** my **conception**.

Most people describe being **above mother's head** or **shoulders**,

in a **light**, or **higher** in the room as in a **near death experience**.

Other people describe **swiftly moving through space** as in *Star Trek* '**warp speed**'.

This question helps me to release myself from my 'trap' of **rationality**.

I can bring my **limited reality** of my 'self'

into **objective truth** that I **existed** **before** **conception**.

This allows me to understand my personal reality

& moves my reality into objective truth.

9) Here is a visualization:

Please allow your **Whole-Self** to let you experience
as father's single sperm **enters** into mother's egg
& one single cell is produced.

This is called the Moment or Instant of Conception!

It can also be called the Moment of Creation of the Physical Body!

(Pause)

9a) Specific question #9a:

Please allow your **Whole-Self** to let you experience
the feelings of this moment of conception. (Conception?) (Concp)

NOTE In Workshop say: You may have correctly answered this question;

- from the **general** point of view,
- from the point of view of **father's single sperm**, (polarized male aspect)
- or from the point of view of **mother's egg**. (polarized female aspect)

9b) The next specific question #9b has two parts:

Please allow your **Whole-Self** to let you experience
the **emotional feelings** of your father's single sperm
just before the moment of conception (*Pause*)
& what happens to those feelings at the moment of conception?
(Sperm's conception?)(SpC)

Optional Sentences: YOU MAY ALREADY HAVE ANSWERED THE MOMENT
OF CONCEPTION FROM THE SPERM'S POINT OF VIEW.

But, be sure to include what your father's sperm was feeling emotionally
just before & what happens to those feelings at the instant of conception.
If his sperm speaks words, please also **translate** them into **emotion words**.

Again, the next specific question has two parts.

9c) Specific question #9c:

Please allow your **Whole-Self** to let you experience
the **emotional feelings** of your mother's egg just before the moment

of conception... (*Pause*)

& what happens to those feelings at the instant of conception?

(Egg's conception?) (O conc)

Optional Sentences: YOU MAY ALREADY HAVE ANSWERED THE MOMENT

OF CONCEPTION FROM THE EGG'S POINT OF VIEW.

But be sure to include what your mother's egg was feeling emotionally
just before & what happens to those feelings at the instant of conception.

If her egg speaks words, please also translate them into emotion words.

Question 9a) deals with the instant of conception.

Conception reveals the great lesson of human existence.

Question 9a) helps me to discover my non-conscious belief of
what will happen to me if I surrender into a relationship.

It deals with my willingness or non-willingness
to surrender into a committed relationship.

(This applies also to committed business arrangements.)

For hundreds of years it was believed that there was

an aggressive attacking competition against the egg

by those sperm which had survived their arduous odyssey.

Now, video documentation shows clearly that the egg opens (attraction & resonance) to receive that specific sperm which she has chosen.

For the last 2,000 years, in this competition between men & women

humanity has been under the control of male polarity.

As mentioned earlier, in the 1960s, the woman's movement

took us to the opposite female extreme.

Now, in the 21st Century, this has allowed humanity to come into androgyny.

This vividly proves that humanity is moving from a male dominated era
to a time when the female aspect brings humanity into androgyny.

In 9b) & 9c) I was not asked what the next feeling was

for the sperm or egg at the moment of conception

but how their feelings shifted at the moment of conception.

There are two reasons for this:

- 1) to discover the trigger feelings which could destroy my relationships.

It's my feelings before I lock into what my female &/or male aspect believes will happen to me if I surrender into a relationship.

- 2) to help me discover if my conception is complete or incomplete.

My conception is complete when there is no next feeling.

My conception is incomplete when either or both

the sperm or egg have a distinct feeling after the conception.

For a balanced relationship to happen - conception to be complete - there must be a surrender, a joining of the male & female polarities.

Both the egg & sperm must surrender into each other so that neither any longer individually exists.

Their combined energy fields create a synergy - a new life -

an energy greater than the sum of their two individual parts.

Conception obviously takes place on a physical level.,

but, on a psycho-spiritual level it does not.

I psychologically live in a reality in which my separate male & female aspects still exist so are not transformed into a higher level of being or life.

If there is dysfunction in any relationship, not just a marriage,

it can be because the synergy which is supposed to have occurred at the moment of conception did not.

Conflict can happen between my male & female aspects.

In its most extreme form, the conflict can be pathological even schizophrenic.

What can be done if one aspect is in synergy

& the other cannot or will not surrender?

One or both may be suffering until there is a split or a synergy.

Whole-Self pre-marital, marriage or divorce counseling focused on

the Whole-Self PAM for both parties,

with an holistic point of view, can be most helpful.

W-S PAM is the key to helping both discover what needs to be changed.

My answer from a general point of view could have been enhancing.

But, if my egg's or my sperm's non-conscious point of view
is that either would be overwhelmed, cease to exist, die or be destroyed
this would be the message my personality would react against
to be certain that committed relationships could not succeed.

Separate to Survive: My personality would do this in order to survive.

These terrors of destruction, of possible annihilation are realities.

But the truth is found by asking two questions: {Allow time for answers.}
'What will happen to the egg if she does not surrender into the relationship?'

Answer: She will die!

'What will happen to the sperm if he does not surrender into the relationship?'

Answer: He will die!

THE GREAT PARADOX OF LIFE

is that, if because of their fear of annihilation, the egg or the sperm do not
merge into a higher state of consciousness, both will die - cease to exist.

Possible discussion points:

- 1) How might Co-dependency be related to this Paradox?
- 2) Control Issues for *Anorexic* & *Bulimic Nervosa* persons.
- 3) Clients feel compelled to tell every medical person their history.

This parroting usually can tell what the client is doing
but not what s/he is feeling.

TRIGGER FEELINGS

'Loaded pistols will be used!'

Points of pain begin with Trigger Feelings.

If I believe my partner is my enemy, I need to discover
what our souls are committed to mirror to each other.

Then we need to change our perspectives towards each other.

Sometimes the Trigger is from my mother;
sometimes from my father;
sometimes enhancing or sometimes diminishing.

It was mentioned that there were two reasons & the second has been explained.

The first is that I discovered the trigger feelings
which could destroy intimate, personal & business relationships.
It is the sperm's & egg's feelings before conception they are the trigger feelings.

These feelings are triggers because they create behaviors
of what I non-consciously believe I have to do to survive.

For example:

Do I know anyone who cuts off a relationship before commitment?

Do I know anyone who feels good or happy in a relationship & cuts it off?

Is this action taken before the other person leaves?

"I'LL LEAVE YOU BEFORE YOU LEAVE ME!!!!"

Sometimes I don't let myself be happy
or if I realize I am happy I have to destroy it.

Is the sense or feeling of having been rejected my trauma problem?

The answer is "NO!" Being rejected was simply an historic moment.

Although, in Whole-Self Psychology, I understand that

part of my personality believes that on a non-conscious level
the rejection is still happening.

It is not the memory of the pain of the feeling

of having been left which is the trauma problem ->

My problem is the good or happy feeling before being left!

The good & happy feelings are the triggers to creating the behavior
to avoid what my personality has encoded

as to what will happen to me when I feel good or happy.

It has me cut off the relationship before the other person leaves me.

My personality does this, it believes,
to help me avoid the pain of being left again.

The paradox is that now I am rejecting & hurting myself.

& I hurt my mirror partner.

When I become more integrated & balanced & sharing & compassionate
in my male & female polarities, it is easier for me to surrender.

When I become more selfish, greedy, unpolarized & less integrated

& less balanced in my male & female polarities,
there is no relationship within myself
which makes it more difficult for me to surrender with anyone else.

Beliefs create feelings which create behaviors.

Today because of the 'me generation' philosophy
a basic problem of society is that more & more people
are less & less able to surrender into each other.

First diminishing patterns lock in & stay in my consciousness.

For example, how many people do I know who live together for years

& what often happens six months after they marry? (Pause)

They divorce! This happens because of the *ritual* of unioning or commitment.

With the energy of the ritual, the hidden triggers

in one or both parties go off signaling a fight to the death

- literally, a struggle for each personality, in their male

or female or both aspects to non-consciously need to survive.

Optional Discussion: Conception outside of marriage without Guilt!

Fundamentalists believe life begins at conception.

The truth about abortion. (See Appendix.)

Now that I have discovered my feelings before - my trigger feelings -

I now know what my personality believes will happen to me

on a physical, mental &/or emotional level

if I surrender into a relationship.

I can understand why I have or have not had the ability

or willingness to let down my guard & merge!

10) Here is a visualization:

PLEASE ALLOW YOURSELF TO experience as that first one single cell

- shudders & pops into 2 cells..

- shudders & pops into 4 cells....

- shudders & pops into 8 cells.....

- shudders & pops into 16 cells.....

- shudders & pops into 32 cells.....
- shudders & pops into 64 cells.....
- & that doubling & popping continues.

Specific question # 10:

Please allow your Whole-Self to let you experience,
how this shuddering & popping feels? (Popping?) (POP)
Now, this little embryonic mass floats down
through mother's fallopian tube into her uterus.

It floats around.....

- 10a) Please allow your Whole-Self to let you experience
the emotional feeling of this floating (Floating?) (Flt)
And then, it attaches or anchors to the wall of your mother's womb.

- 10b) Please allow your Whole-Self to let you feel this floating feeling
& what happens to the floating feeling as this embryonic mass anchors
or attaches to the wall of mother's womb. (Anchoring?) (Anc)

The next part of the question has three options. Please choose one.

- 10c) Please allow your Whole-Self to let you experience,
as this embryonic mass anchored, did it:
- A. Choose where to land? ->
 - B. Land in a random way?
 - C. Get sucked into a particular place?

Just select one of the three options: *chose*, *random* or *sucked in*.

(Occasionally someone will say DESTINED. This is basically Choosing as well.)

THE MEANING OF QUESTION # 10

Question 10) deals with feelings around the shuddering & popping.

10a) & 10b) deals with the ways in which the embryonic mass floated
& anchored or attached to my mother's womb.

10) The SHUDDERING & POPPING helps me to discover
my non-conscious feeling & belief about growing, developing,
maturing, evolving & using my power on all levels.

10a) The FLOATING brings back memories I had before conception & birth.

It **activates** the memory of my 'mystery' before this life.
It is the **link** between my **mystical consciousness life** & my **physical life**.

NOTE: The section can sometimes stimulate strong PLE /Life's Streams® Memories & if appropriate can be worked on immediately before continuing, or later.

The **floating** holds the memories of my consciousness in non-dimensional space
moving towards my mother's consciousness before conception.

This **floating** is often the **sensation** I am non-consciously seeking
in some **meditation practices**.

It is found in the **still silence**;

the moment **between** the in-take & the out-take of life - the **breath**.

(Lutz: "It is like **Power gliding!**")

In the **New Physics**, it is found in the instant of '**Potential Possibility**'.

It may be the **high** or **buzz** I may non-consciously be seeking
when I **drink alcohol** or use **drugs** hoping they will bring me
to **altered states** of consciousness & awareness.

These **intoxicants** can give a **sense** of '**the sweetness of life**';
the life - the **consciousness** from **before incarnation**.

These memories are stored in the **pancreas**.

When I hold a sense that I have a **lack of sweetness** in life I get **hypoglycemia**.

When I hold a sense that I have a **lack of sweetness** in life

& **try to take control**, the **hypoglycemia** - more **insulin** than **sugar** -
reverses to have more **sugar** than **insulin** creating **diabetes**.

10b) The **ANCHORING** helps me **discover** the **non-conscious attitude**
of my **personality** to my **life** in general.

e.g. If I **do not recognize** that I have **power**,

I **do not use** my **power** & **other** take it & use it.

It is called **The Story or Theme of My Life!**

If asked to tell in one or two sentences

the **sense** of how I **experience** my **life**,

would these words, in general, describe my life?

These words would **probably describe** my reality - my belief - about my life.

My anchoring reveals the **W-S Law of Power!**

It reveals how I feel about **my POWER**.

It succinctly describes the sense of power

I believe I have or do not have being in the world!

People who need to be in control actually have the least power!

This is because, not having recognized the source of all power within,
they are most needy of wresting control - power - from others.

My anchoring also is an indicator of My Sense of Responsibility.

How do I react or respond to people or events in my life?

Do I not want or take responsibility for myself?

Do I want or take responsibility for others?

Do I want or take responsibility for the whole world?

When someone says 'You are not responsible!', they talk about themselves.

The speaker is not able to hear my answer nor able to respond to me.

NOTE: (DO NOT READ THE FOLLOWING PARAGRAPH OUT LOUD but use appropriately!)

For people with **eating disorders** or people who **do not allow themselves to grow** (particularly with caved-in chests) or are **unable** to put any **reasonable** or **rational limits** on their growth (*Peter Pan* & *Puer Eternis* - people who want to stay young or not grow), take special note. Their answers often are significant as to their **issue of control** on all levels towards **growing, developing, maturing & evolving** on the **physical, mental, emotional & spiritual** levels in their lives.

NOTE: Sometimes people believe they were guided to a place - a destined spot.

This is called **indirect power**. It is not always necessary to discuss it.

But, eventually, people have to recognize that they choose indirect power
& for what reason.

It may be because they do not want to take responsibility for their own power.

It may also be helpful to discover possible **manipulative behaviors**.

10c) If I **CHOSE**, I probably came into the world **believing or knowing**

that I **have power**. I am **likely** to have **control & choice** in my life.

My task is to learn **how to use my power appropriately**.

I may live **years** in **powerlessness** or **misuse** of my power

before I learn to use it correctly.

Sometimes, I **only can act out of fear**.

When I am afraid, my adrenal glands trigger

& I have the **energy to fight, flee or freeze**.

If I **RANDOMLY LANDED**, I am amongst the **great mass of people**.

This can be called the **bell curve of life**

which can be a program to be a follower.

I probably came into this world sensing **neither too much nor too little power**.

I do the **best I can** & basically want to be **left alone & avoid**

taking responsibility, committing or getting involved.

My task is to **realize** that I **do have power** & to learn to use it appropriately,
the **right way, freely & independently**.

If I **do not recognize & take responsibility to exercise or use my power**

it can be **taken over by people such as dictators**.

This

can happen to **families, businesses even whole nations**.

If I was **SUCKED IN**, I probably came into the world

believing or denying that I have any power.

I often hold on to '**being a victim**'. '**WHY ME?**'

My task is to learn how to **reclaim my power & use it appropriately**,
in the **right way, freely & independently**.

~~~~~

**In summary**, **choosing is utilizing my power**;

**random is not exercising my power**;

**sucked in is denying my power**.

This question deals with my **non-conscious sense of choices or control**

I **believe I have or believe I do not have in my life**:

**POWER or SELF-EMPOWERMENT**.

Each of the next three questions has instant emotional reaction words as answers.

**11) Specific questions #11:**

Please allow your **Whole-Self** to let you **experience mother's**

instant emotional reaction when she discovers that she is pregnant.  
(Mother's react to pregnancy?) (Ms React)

If you hear her speak words or statements,  
please also translate them into emotions.

**11a) Specific question # 11a:**

Please allow your Whole-Self to let you experience father's  
instant emotional reaction when he is told about the pregnancy.  
(Father's react to pregnancy?) (Vs React)

If you hear him speak words or statements,  
please also translate them into emotions.

**11b) Specific question # 11b:**

Please allow your Whole-Self to let you experience mother's instant  
emotional reaction to father's reaction to the news of the pregnancy.  
(Mother's react to Father's react?) (Ms >Vs)

If you hear her speak words or statements,  
please also translate them into emotions.

Mother can often be aware of baby's consciousness in her consciousness  
before & during pregnancy.

**THE MEANING OF QUESTION #11**

Question 11) has three parts & helps me to discover  
mother's & father's reactions to the news of the pregnancy.

I will begin by asking you these four questions:

- a) Can you imagine doing something in your life, anything,  
& experiencing the same feelings as your mother's emotional  
reactions towards her pregnancy?

You have the same feelings mother had when she discovered her pregnancy.

- b) Can you imagine someone in your life, who knows what you are doing  
&/or feeling, having the same reactions towards you  
& your situation that your father had towards the pregnancy?

This is the same as the second question about father's reaction.

- c) How do you react toward that person in your life? ..... (PAUSE FOR ANSWER)
- d) Can you imagine you having the same reactions your mother had,  
when the person who knows what you are doing &/or feeling  
reacts towards you the way your father had reacted?

In the 1st person: I probably react with the same emotional feelings /  
reactions which mother had to father's reaction - the third answer.

**THIS QUESTION HELPS ME DISCOVER IF OR WHEN I WILL FEEL I AM A VICTIM,**

**THESE ARE THE THREE STEPS**

**THAT WILL MOST MAKE ME FEEL LIKE A VICTIM.**

If I got 'HAPPY! HAPPY! HAPPY!' - which does happen occasionally -  
this meaning does not apply to me.

I am probably very rarely unhappy or feel a victim in my life.

Triple happys are perfect examples of the primary prevention  
against disease, dysfunction & disability

when babies are truly loved, wanted & welcomed.

Olga Gouni - Whole-Self Co-Director for Greece & Cyprus

has written an excellent paper on the impact

of not just being wanted but being welcomed. (See Appendix.)

This Question deals with my **REACTION** to life & what I have to Try Again!

It reveals the sequence, the three steps in which -

if I am going to be or feel like a victim -

I will most often feel as if I am a victim in my life.

\*\*\*\*\*

Here again is our #1 Whole-Self Principle:

I CANNOT CHANGE SOMETHING

TILL I KNOW WHAT NEEDS TO BE CHANGED!

Now that I know that my reaction is not my reaction

but the victim sequence of my mother's eDNA©

*which I borrowed from her is,*

I can change from reacting or over-reacting  
- the way I may always have done -  
to responding appropriately to the situation.

**Reality Reaction:** It is important to remember

that I am hardly ever reacting to what I am doing  
or what is happening to me at this moment.

I am reacting to all the feelings from the accumulation  
of the feelings all the times in my life  
when I felt those feelings (my hypnotic reality trance).

**My mind divides my life by time - that is my age.**

But my emotions accumulate charged emotions  
from my W-S Past Life Echoes Life's Streams® of consciousness;  
from my mother & father's charged emotions  
during my gestation which I borrowed from them;  
& from my childhood & my present Life's Streams experiences.

All keep adding to my experience of my same emotional reality patterns.

As long as I oppose what I am doing,  
because of the feelings I get from doing them.

**THE LAW OF REPETITION** patiently allows me to Try It Again!

By knowing the above accumulation sequence,

I can now recognize when my 'Try it Again! Sequence' is activated  
& respond appropriately to presented situations.

And, because I can see other ways of acting, I am no longer a victim.

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

**I cannot be a victim when I can see even one option!**

I can choose to act as I had in the past but I can no longer claim to be a victim!

A 'low' soul - trapped in unrefined patterns - creates hell by not being wanted.

My consciousness can create hellish challenges to overcome  
not being wanted before or after my birth,



maybe, because I did not want to be born again!

Again, Olga Gouni explores the importance of not just being wanted  
but being welcomed in her or his family - in the world.

**Optional Discussion for APPROPRIATE SPIRITUALLY ORIENTED PERSONS:**

**Question 11)** is called the Karmic Sequence -

Karma is often taught as a Law of Judgment:  
Punishment or Reward - Cause & Effect.

But Karma, from a Holistic View, is the exact opposite from Judgmental.

Karma is non-judgmental, loving, benign, beneficent, gentle  
but most of all, patient! KARMA simply says TRY IT AGAIN!

These patterns are correlated with my patterns  
from the Past Life Dimension of Consciousness.

They are the patterns which I need to overcome or transcend  
in order to grow, develop, mature & evolve in this life.

It is called a SEQUENCE because there are four steps -

Whole-Self Four Laws of Life.

Again, I am hardly ever reacting to the present event.

I am reacting. in a hypnotic state, to the accumulation  
of all the feelings from all of my Past Lives,  
my gestation, my birth & my present life  
in which those reality patterns were triggered or re-stimulated.

By recognizing these ideas, I can respond appropriately  
to the present situation.

And, because I can see an optional response, I no longer need to be a victim.

**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   Irrresponsible  
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.

|                                                                                                                                                               |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>NOTE:</b> Sometimes you may feel it is appropriate to explore further what may have happened <b>next</b> or <b>afterwards</b>. <b>Please do so!</b></p> |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**.

|                                                                                                              |
|--------------------------------------------------------------------------------------------------------------|
| <p>Say: Just fill in the blank spaces in the following story as though this is a creative writing class.</p> |
|--------------------------------------------------------------------------------------------------------------|

## Mother's Whole-Self PAM Trauma Story©2013

1) In the \_\_\_\_ month of her pregnancy, 2) Mother is at/in \_\_\_\_\_

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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 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 \_\_\_\_\_

---

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## **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.***

### **13) Here is a Visualization:**

The pregnancy continues & is about to come to term -

that is, to end with the birth.

The little body turns head downward towards the birth canal -

unless it is in breach presentation, that is, feet or buttock first.

If the birth is Caesarian, just follow the same words.

**Specific question #13:**

Please allow your **Whole-Self** to let you **see** where **mother** is

just before the first contraction strikes.

(Place?) (PL)

**13a)** See what mother is doing & **feel** mother's **feelings**

just before the first contraction strikes her.

(Feelings before 1st Contraction?) (F bef)

**13b)** Now, please feel her instant emotional reaction to the first contraction.

Specifically, sense the *shift* in her feelings from just before

to her reaction when the first contraction strikes. (1st contraction?) (1<sup>st</sup> C)

**13c)** Please allow your **Whole-Self** to let you experience

the non-conscious self-judgments mother makes against herself

as the first contraction strikes.

Mother's self-judgment words can be: (In Workshop say: Just circle those which apply.)

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 Incomplete Inadequate  
Unrecognized Insecure Helpless Hopeless Powerless (Self-judgments?) (SJ)

**13d)** Please allow your **Whole-Self** to let you experience

are/were these familiar self-judgments made against yourself ?

YES or NO? (Familiar Self-judgments?) (F SJ)

**13e)** Please allow your **Whole-Self** to let you experience

any non-conscious diminishing decisions or conclusions mother makes

against herself, the world or you when the first contraction strikes?

(Mother's Decision?) (MD)

**13f)** Please allow your **Whole-Self** to let you experience

have these been familiar diminishing decisions or conclusions in your life?

YES or NO? (Familiar Decisions?) (FD)

**13g)** Please allow your **Whole-Self** to let you experience

have these been familiar reactions when something sudden or

unexpected strikes in your life? YES or NO? (Familiar Reactions?) (FR)

**THE MEANING OF QUESTION #13.**

**Question 13)** helps me discover mother's instant emotional reaction  
to the first contraction which can be a trauma.

It can give me a clue as to why my mother  
reacts the way she does in her life.

It is called 'The world doing it to mother!'

How does this affect Mother?

**Mother's feelings before, become the triggers**  
for her protection against the world.

**Did mother blame me for the pain of her contractions & her labor?**

**I can now understand why mother acts the way she does**  
**towards the world or in her reality towards me!**

Some mother's never let their children forget the pain they accuse/believe  
their baby caused them during their birth thus denying their own  
resistance & responsibility for not letting the baby body to come out.

It may be the way she protects herself from the unexpected attacks of the world.

Have I inherited those same protection defenses?

**The truth is, Mother is reacting to the contractions & not to me!**

The first contraction is a life changing event for mother; my birth is another.

**Question 13) deals with THE W-S LAW OF SURVIVAL.**

**NOTE:** Two options as to how to conduct the next set of questions.

- A. You can speak the entire set & then get response.  
or B. You can get response to each part as you speak it.

In answering the first part of the next question **PLEASE ALLOW** whatever answer  
comes to you to be the answer. We can discuss it later.

**14) Specific question # 14:**

Please allow your **Whole-Self** to let you experience  
precisely where your consciousness, your awareness of yourself,  
is located just before the birth. (My consciousness before birth?) (C bef)

Now, please **allow** yourself to go through the following questions

& to **feel what is happening**. I will repeat the questions again afterwards.

**NOTE:** In this next sentence it is important to be sure to use the word  
'The little head...', & 'the little body'. Please do not use the word 'your'.  
& do not give Question Numbers for the rest of Question 14a

**PLEASE ALLOW YOURSELF TO EXPERIENCE...**

as **all** the other contractions **sequence** through mother's body.

The little head **emerges** out of the womb

& the little body **pops out** or is **pulled out**.

**14a) Specific question # 14a:**

Please allow your **Whole-Self** to let you **experience**

the **1st breath** of your life as it **enters** the little body..

**Re-breathe** it in now, please!

**What happens** to your consciousness when the first breath  
**enters** the little body?

Be aware of **what happens** to your consciousness

as the **first breath** enters the little body.

Be aware of any resistance. Do you **keep breathing?** (1st Breath?) (1stB)

Are you **hung by your ankles** & **forced to breathe** with a slap? (1st Abuse?) (1stA)

**NOTE:** Watch how the **first breath** is drawn in & if s/he keeps breathing. If the  
person **resists breathing** it may be necessary to **be a bit assertive** by saying  
**'BREATHE OUT PLEASE!'** (No one can breathe out without breathing in first.)

**14b) Please allow your Whole-Self to let you experience**

the **first thought** of your life

as you are **breathing & thinking on your own?** (First thought?) (1<sup>st</sup> T)

**14c) Please allow your Whole-Self to let you experience**

being aware of your **feelings & thoughts** still being connected physically  
to your mother through the **umbilical cord** or **placenta**.

(My feelings connected to mother?) (Con>M)

**14d) Please allow your Whole-Self to let you experience those feelings**

& **what happens** to those feelings & thoughts



as the umbilical cord is cut.

(Cord cut?) (Cut)

These are the feelings & thoughts before the cord is cut

& what happens to those feelings & thoughts when the cord is cut.

14e) Please allow your Whole-Self to let you experience

were or have those been familiar feelings when something violent

or sudden happens in your life.

(Familiar Feelings?) (FF)

14f) Please allow your Whole-Self to let you experience

anything else said or done at the birth (If male circumcised?)

it wants you to be aware of. If sense yes, know what. (Else?)

#### THE MEANING OF QUESTION #14

Question 14 helps me discover my birth.

14) The first part of this question of where I am prebirth is often

a great surprise to people. I may have discovered a misconception

having thought or assumed that I was inside my mother's womb.

With this question I may have discovered another view.

It may be startling to realize that 'myself'

may not - may never - have been inside my mother's body.

-----

If I sensed that I was near or above my mother just before birth

this is what most people discover when asked this question.

Whole-Self Hypothesizes that my consciousness leaves mother's

consciousness where it was experiencing

& being educated through all, but most impactfully,

by her charged thoughts - her mind

& her charged feelings - her emotions.

I have connected to the consciousness of 'myself' before I entered my new life.

This is an expanded, transpersonal discovery.

Sensing myself around or near mother but not in the little baby body

inside mother is a new way of seeing 'myself'

in my voyage of discovery & learning about myself.

A second memory I may have, may be contained in the cells of my body.

If I felt that I was inside mother's body then I was connecting with the memory

which I hold in the cells from the part of my mother's body

which my little body was part of from that time.

This cellular memory is not the 'I' of myself -

the consciousness of 'me' which is separate from mother.

**NOTE:** When people mention their consciousness in a specific part of the unborn baby's body, this can be related to a traumatic PLE e.g.

People can be stuck in their mind because of a trance or an out of body experience just before death in that PLE.

Before my birth my little body is basically part of mother's body.

It is her blood supply, her oxygen, her nutrients.

Almost everyone discovers that at birth when the little body pops out of mother

they popped into that little body with the first breath.

A child asked, 'Who was holding my head after I was born?' Someone was.

Symbiosis begins when I am vibrationally attracted

& am attached in my mother's consciousness.

\*\*\*\*\*

Did mother get pregnant before or after 'myself' came to her?

Ans: When I was vibrationally attracted to my mother,

my mother became pregnant.

I probably thought mother got pregnant & then in some mysterious, magical or miraculous way I was created inside her.

Some mothers have a sense of a baby being with them or dreams of baby coming to them years

before they actually become physically pregnant.

Now I have discovered another view about my consciousness as well.

I moved from the **Psycho-Spiritual dimension** in mother's consciousness or bio-energetic field to the **Physical dimension** in my little baby body to animate it with the first breath

& surround it with my consciousness to be ME!

When my consciousness was attached to my parents,

**My father's sperm is the catalyst to start my parent's pregnancy!**

**I have now also discovered that except for a relatively small number of people  
born in medical crisis, my birth was not traumatic.**

**When people who had a normal birth have in therapy experienced  
birth as traumatic it is not their own birth which they are remembering  
but the charged memory of mother's labor.**

**\*\*\*\*\***

**14a) 1st BREATH helps me discover**

**the non-conscious willingness of my personality to be alive.**

**At that first breath my consciousness separates**

**from my mother's aura or bio-energetic field**

**& enters into the little body which has been**

**growing, developing, maturing & practicing**

**as a part of mother's body for nine months.**

**Did I enter the world with a humiliating,**

**demeaning or physically damaging slap?**

**Was this first physical abuse causing possible painful spasm or injury**

**my first impression of what people - authorities - usually men, will do to me?**

**Water baby's natural breathing is more free of painful spasm of the first breath.**

**1st Breath activates the W-S LAW OF COMMITMENT & RESPONSIBILITY.**

**I have to make a COMMITMENT to take my first breath!**

**And, I have to take RESPONSIBILITY to keep breathing!**

**If I do not activate those two laws there is no life!**

**And so, it also reveals the W-S LAW OF INITIATION or BEGINNING.**

**In many languages the word for soul is breath.**

**1<sup>st</sup> Breath is The Breath of Life!**

**It has to do with my willingness to take responsibility**

**for myself in the world. How the first breath enters**

**my body sets the pattern for my willingness to start things.**

**If my consciousness - my 'I' - was never inside my mother's womb/body**

there can not possibly be a death of a consciousness in an abortion.

**Discuss truth about abortion (See Appendix # 1)**

14b) **1st THOUGHT** is the **KEY NOTE** - the 1<sup>st</sup> frequency of a musical theme.

It reveals the initiation, the beginning of my mental powers  
& how I will use them in my life.

Before birth, baby has no analytical deduction etc. only eDNA education.

If my 1st THOUGHT is an **ENHANCING** (lifting) thought,

it sets the tone for an optimistic, productive & enthusiastic life.

If it is a **DIMINISHING** (lowering) thought,

it triggers great challenges to overcome diminishing resistance,  
denial, suppression, bad, non-productive or negative thinking  
which needs to be changed or overcome during my life.

1st Thought reveals the **W-S LAW OF MIND**.

(Humorous aside: When you meet someone ask,

‘What was your first thought after you were born?’)

14c) **UMBILICAL CORD CUT** helps me discover my 1<sup>st</sup> Trigger Feeling -

the non-conscious attitude of my personality  
towards how it is to be in the world.

**Cord Cut reveals my non-conscious belief**  
**about how the world will treat me.**

It is called ‘**THE WORLD DOING IT TO ME!**’

**CORD CUT** exposes my deep psychological position

& my sense of how I have to act (often to survive) in the world.

If my **CORD CUT** reaction is one of being cut off, separated, rejected,  
denied my mother's love, care, nourishment & support,

my personality believes the world is  
an unloving, uncaring & unsupportive place to be

- a **DIMINISHING** place... ‘I cannot survive cut off - alone!’

If my **CORD CUT** reaction is one of freedom & release,

my personality believes that the world is  
a safe, harmonious, exciting, adventurous place to be

- an **ENHANCING** place.... 'Here I Go!'

If I have an **ENHANCING** feeling before

& a **DIMINISHING** feeling at the instant my cord is cut

I can create another **paradox** in that I probably **expect** that

I **must protect myself** from good things, love & protection

because **otherwise**, the world will take them from me.

The **trigger** for cutting myself off can be

when I **realize** that I am feeling good, loved & safe.

The world is a **DIMINISHING** place.....'I cut myself off before you do!'

If the **CORD CUT** reaction is one of **needing to get away**

as soon as possible from a mother

my personality **believes does not want me**

is **angry, negative, depressive, dangerous or terrifying.**

These are the feelings I am born with & try to avoid

& **resist** in women during my life. (Did I marry my mother?)

**Cutting the Cord too soon can lead to asphyxiation  
which can lead to physical pathology including brain damage.**

**This can be called a necebo effect. A negative result.**

It also deprives me of necessary protective elements for my immune system

which take about 20 minutes to move from the placenta into my body.

I should be breathing well & the cord should stop pulsing before the cord is cut.

**Cutting my Cord too soon forces me to face death  
& deal with my SURVIVAL at a very early age!**

\*\*\*\*\*

14d) ANYTHING ELSE SAID OR DONE helps me discover the non-conscious  
beliefs & self-judgments of my personality about myself.

If I was **slapped** at my birth,

if my **umbilical cord** was cut immediately,

if I was **taken from mother**

or if as a male I was circumcised,

these could all have been life threatening to me.

This question also pinpoints the source

of enhancing or diminishing feelings about myself

as a result of words said about me at my birth.

*For example, in disappointment:*

‘Oh! It is a girl!’ can result in girls thinking they should have been boys.

or ‘Oh! It is a boy!’ can result in boys thinking they should have been girls.

Studies show as many boys - 50% -

are a disappointment to parents who wanted a girl,

as girls - 50% - are a disappointment to parents who wanted a boy.

These first actions or spoken messages I hear set the patterns

- The W-S 4 Laws of Evolution -

I will oppose & so probably keep confirming throughout my life.

Caesarians often cannot do things on their own

or feel they were denied to do things themselves.

In anxiety: ‘This one is not going to make it!’ - Rescue gets encoded.

If my mother had a medical crisis & I was put aside,

I could believe that the only way to be seen or heard

is if I create a crisis. Is this a source of hypochondria?

Have I discovered the source of my own enhanced

or diminished sense of SELF-ESTEEM?

**NOTE:** Some optional thoughts to discuss if it is appropriate & time permits:

1) Mother always controls my birth!

2) As I, my consciousness or soul self, have never been inside mother,

I have no control over when I am born!

3) Mother’s resistance, not mine, delays or stops my birth!

4) Mother’s resistance can be based on the triggers of dys-empowerment

from confusion or abandonment,

fear of birthing of medical venue,

fear of labor pain,

diminishing beliefs & danger of death memories

from either or both my mother's &/or father's

non-conscious family birth memories.

- 5) Does the cord around my neck or breach position come from mothers non-conscious wanting to keep the birth from happening?
- 6) Mother's blood carries the oxygen & nutrients through the placenta before baby's heart starts beating at about 6 ½ to 7 ½ weeks, & then through osmosis mixes with baby's blood until the birth.
- 7) The length of my mother's labor often relates to how long it takes me to make a decision or commitment & to build enthusiasm or take responsibility for something I have to do.
- 8) The mind has the overwhelming power to override hormones.
- 9) Judgments made in the first moments of life become lifelong beliefs.
- 10) Chloe: 'When I hold my hands over a pregnant woman's belly, I am surprised that I never feel the extra energy I normally feel over a baby.'

*This is because the consciousness of baby is not inside mother's womb/body.*

- 11) My birth is the sacred moment of my incarnation!

It must take appropriate time.

'My birth must not be controlled or stolen by hospital rules or urgency of time to save money.'

- 15) Specific question #15:

Please allow your **Whole-Self** to let you experience

were you placed immediately with your mother, father

or any other person within an hour of your birth?

(Who placed with?) (Placed)

#### **THE MEANING OF QUESTION #15**

**QUESTION 15)** helps me to discover who I was placed with after my birth.

& if I experienced appropriate bonding with mother &or father.

- 15a) If I was taken from mother & was not properly bonded with her or my father, contrary to therapies that say birth is traumatic,

**separation without bonding is where the actual trauma of birth gets locked in for me & for most people.**

**NOTE:** If the client says s/he was placed with mother at birth, go immediately to **Questions 18) thru 21).**  
After those questions return to complete **16) & 17) & 22).**

Refer to the article on the *Preventing Violence* by Michel Odent in appendix # 2:  
**Without bonding mother is incapable of being motherly  
& baby is incapable of being baby like towards mother.**

**Note:** In extreme non-bonding can lead to Reactive Attachment Disorder(RAD).

**RAD Description from DSM IV DIAGNOSTIC CATEGORY**

Of all the mental health diagnostic categories for childhood symptoms & disorders, the one containing the best etiological description & therefore, most appropriate for diagnosis of people with those issues is 313.89:

**REACTIVE ATTACHMENT DISORDER OF INFANCY  
& EARLY CHILDHOOD DSM IV DIAGNOSTIC CRITERIA:**

- A. *Markedly disturbed & developmentally inappropriate social relatedness* in most contexts, beginning before age 5 years, as evidenced by either (1) or (2):

*persistent failure to initiate or respond in a developmentally appropriate fashion to most social interactions, as manifested by excessively inhibited hypervigilant, 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); 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).*

- B. The disturbance in A is not accounted for solely by developmental delay (as in MR) & does not meet criteria for PDD.

- C. Pathogenic care as evidenced by at least ONE of the following:  
*persistent disregard of the child's basic need for comfort, stimulation & affection.*

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

There is a presumption that care in criterion C is responsible for disturbed behavior in criterion A (e.g., disturbances in A began as a result of pathogenic care in C).

- 16) Specific question #16:** (In the UK Cot is British for crib)  
Please allow your **Whole-Self** to let you **experience**



your emotional reactions or feelings to being in the baby (cot) crib  
in the nursery. (My (cot) crib feelings?) (Cot)Crib)

**16a) Specific question #16a:**

Please allow your **Whole-Self** to let you experience  
were/are these familiar feelings in your life? YES OR NO? (FF)

**16b) Specific question #16b:**

As this infant in the cot or crib, please allow your **Whole-Self**  
to let you feel your *emotional needs*. (My emotional needs?)(Needs)

**16c) Specific question #16c:**

As this infant in the baby cot or crib, please allow your **Whole-Self**  
to let you experience if your emotional needs are being met  
at that time. YES or NO? (My needs met?) (N met)

Please allow your **Whole-Self** to let you experience  
if those are still your emotional needs today. (Needs today) (Today)

**16e) Specific question #16e:**

If your needs are not being met at that time,  
please allow your **Whole-Self** to let you experience  
any non-conscious judgments that you made against yourself in the crib.

Self-judgments can be: (*In Workshop say; 'Only write those which apply'.*)

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 Incomplete Inadequate  
Unrecognized Insecure Helpless Hopeless Powerless  
(Self-judgments)(SJs)

**16f) Please allow your Whole-Self to let you experience**

if those have these been familiar self-judgments throughout your life? Y or N (FJ)

**16g) Please allow your Whole-Self to let you experience**

any non-conscious decisions you made as this infant in the cot/crib?

(Infant Decisions) & (Infantile Decisions) (Dec)

**16h) Please allow your Whole-Self to let you experience:**

have these been familiar non-conscious decisions in your life?

(Familiar Decisions) (FD)

16l) Please allow your Whole-Self to let you experience:

if there is anything else it wants you to know after birth?

(Else)

### **THE MEANING OF QUESTION # 16**

**Question 16** helps me discover my feelings in the baby cot/crib.

This is often where my Past Life & Prebirth Realities are activated.

My answers reveal the non-conscious feelings & needs I had,

& am probably still feeling & needing;

& diminishing self-judgments & decisions I continue to make

because my needs are still not fulfilled.

Sadness in the crib can be the source of lifetime

low grade or even deep depression.

**Psychologically, if I was taken away from mother after birth**

**I could still be suffering that horrendous loss.**

**I may, in fact, be incapable of feeling love,**

**compassion or empathy towards her, myself or any human beings.**

(It may be safer to feel those feelings of love towards animals or nature -  
they don't leave me or betray me as mother &or father did.)

**That separation from mother is the trauma of my birth.**

As a human being I need to have my feeling capacities activated.

Do I reject before I am rejected?

Have aloneness &or isolation become my best friends

as defense mechanisms against the loss of not having been touched?

*Christina: after birth I hated to be touched by people.*

*Because of the Law of Opposition she became a Tantric Massage Therapist:*

*'I massage people, but I make it clear that no one is allowed to touch me!'*

Do I harbor revenge against mother/father

&/or humanity for not being touched? (e.g.: RAD children killers)

Not being bonded - that is receiving through eye contact

the genetic instruction of how to love & be loved -

can lead to abhorrence & non-cooperation & refusal to breast feed.

**URGENCY!!!**

Many studies published in the *International Journal of Prenatal & Perinatal Psychology & Medicine* & other psychology & medical journals in the field prove that except in emergencies the medical practice of separation & isolation of baby has no justification & can be traumatizing to both baby & mother & father.

It's consequences of dehumanization must most urgently be changed if humanity is to regain any sense of its humanness - its ability to feel *any* sense of compassion, empathy & or love for self or for others.

Loss of Touch & contact with mother can begin to be Holistically Healed by opening to Prebirth & Birth Psychotherapies - Whole-Self Psychology, touch, massage & body awareness techniques - including Trager, Metamorphic, Reflexology, Alexander, Feldenkrais, Polarity, etc.

**17) Specific question #17:**

Please allow your **Whole-Self** to let you experience  
as this little infant in the crib,

your instant emotional reaction to 'food'. (Food?)

**17a) Specific question #17a:**

Please allow your **Whole-Self** to let you experience  
your emotional reaction to your first feeding - breast or bottle? (1st feeding)

**17b) Specific question #17b:**

Please allow your **Whole-Self** to let you experience  
the feelings of the first person feeding you? (1<sup>st</sup> Feeder)

**17c) Specific question # 17c:**

Please allow your **Whole-Self** to let you experience  
if you were fed from your mother's breast,  
how did it feel to be weaned & given a bottle? (Weaned?)

**THE MEANING OF QUESTION # 17**

**Question 17)** helps me discover my non-conscious ideas & reactions  
about food & how ready & or willing I am to nurture myself  
or to nurture others or to be nurtured.

How I am fed & my reaction to the nourishment & the nourisher  
establishes my lifelong reaction to allowing myself  
to receive or give food, energy, money, sex - any support at all.

Food is basic to survival!

The first feeding helps me to recognize my non-conscious attitude  
towards food & if any bonding took place between myself & my carer.

If I say that food has some strong emotional meaning -

pleasure, love, comfort, contentment, satisfaction -

I could have an **overweight challenge** in my life.

If I say; 'It's okay.' 'It is there when I want it.' 'It's nourishment.' -

I probably will **not** have any **weight problem** in my life.

If I **hate food** or **feel** it is **forced** on me as an infant -

at some point of my life, I may have developed **eating disorders**  
such as *anorexia* or *bulimia nervosa* - serious addictions,

If 'hate' or 'forced' is felt please ask:

Have there been times in your life when you avoided eating?

When you have a problem do you need to swallow something?

Do you feel guilty when you eat an excess of food?

Eating behaviors can be a form of passive suicide.

They can be signs of **serious health risks** requiring professional help.

In eating disorders **food** can be seen as a '**Control Issue**'.

(It can even occasionally be used as a **revenge weapon**.)

(Children should not be forced to eat foods that they dislike.)

Troya's autobiographical book *Seeking A Miracle!*

describing how she overcame these behaviors, is an inspiration.

At the time of the 1st feeding,

my infant consciousness is still in symbiotic mode.

Therefore, my infant consciousness is most **open & receptive**

to the **emotional patterns** being experienced

& projected by the person who first feeds me.

Symbiosis should begin to be released through the bonding  
so that my mother & I can begin to relate  
to each other as individuated persons - individual human being.  
Michelle Odent reports that breast feeding stimulates  
the love hormone oxytocin in mother & also in baby.  
This 1st breast feeding, in particular, initiates the beginning  
of dissolving the emotional-mental-spiritual symbiosis  
which had existed before my birth.

As reported by Michel Odent:

baby & mother gazing into each other's eyes completes a circle  
of mother/baby dialogue which allows both to be able to feel  
& express love, compassion, empathy, etc..

In his book *The Scientification of Love* (2001 Free Association Books)

Odent writes:

*The newborn baby cannot accommodate its eyes to different  
distances & seems to be programmed to have a comparatively  
clear vision of objects that are at a distance of about 1 foot.*

*This suggests the importance of the eye to eye contact at  
the beginning of the mother-baby relationship. It is  
noticeable that the high level of noradrenaline released  
by the baby just before birth - which probably facilitates  
olfactory learning - tends to dilate the pupils, so that in  
circumstances when the birth is relatively uninterrupted  
with, the newborn baby has big eyes & large pupils. It is  
as if the baby was giving a signal to mother.*

\*\*\*\*\*

If I was breast fed there can be trauma being weaned -

that is, denied mother's breast & being given a bottle.

As an infant, I have no control of nipple flow causing choking to survive.

This is often the cause of chronic life-long choking feeling in the throat.

Any **indifference, repulsion or pushing away** by the **mother or the baby**  
could be the **cause of difficulties** of having, as mentioned above:  
**Any human feelings at all towards people & connecting with people** in life.  
Is there revenge for mother not wanting me? Or not wanting a pregnancy?  
**Self focus can lead to Selfishness to SURVIVE.**

**Note:** Is crouching in the womb mother's energy wanting to reduce or eliminate the little body she is preparing for me to use after birth? Do I walk that way?  
Did mother's thought create the crouch which I act out in my walk?

**NOW WE WILL DO THE LAST MAIN BLOCK OF QUESTIONS.**

**18) Specific question #18:**

Please allow your **Whole-Self** to let you experience

your **instant emotional reaction**

as you **meet your mother** for the first time.

**(My instant emotional react with, for, or against mother) (React > M)**

If you did not meet your natural mother

how did it feel not meeting your natural mother?

When you **meet your mother** for the first time,

on a **non-conscious** level, you make a **contract with, for or against her**.

A sample contract says: 'I'll be a good little girl/boy, if you take care of me!'

**18a) Specific question #18a:**

Please allow your **Whole-Self** to let you experience

your **instant, non-conscious contract with, for or against your mother**

when you **meet her** for the first time. **(My Contract > mother?)(C>M)**

**19) Specific question #19:**

Please allow your **Whole-Self** to let you experience

your **mother's instant emotional reaction**

when she **meets you** for the first time.

**(Mother's instant emotional reaction with, for, or against me?) (MR>me)**

When your **mother meets you** for the first time,

on a **non-conscious** level, she makes a **contract with, for or against you**.

A sample contract says: 'I'll take care of you, if you are a good little boy/girl!'

**19a) Specific question #19a:**

Please allow your **Whole-Self** to let you experience

mother's instant non-conscious contract with, for or against *you*  
when she meets you for the first time.

(Mother's contract with for or against me?) (MC>me)

**20) Specific question #20:**

Please allow your **Whole-Self** to let you experience

your instant emotional reaction as you meet  
your father for the first time.

(My instant emotional reaction with, for, or against father?) (MR>me)

If you did not meet your natural father

how did it feel not to meet your natural father?

When you meet your father for the first time

on a non-conscious level you make a contract with, for or against *him*.

A sample contract says: 'I will be a good little girl/boy if you take care of me!'

**20a) Specific question # 20a:**

Please allow your **Whole-Self** to let you experience

your instant non-conscious contract with, for or against your *father*  
when you meet him for the first time.

(My Contract with, for, or against father?) (C>V)

**21) Specific question #21:**

Please allow your **Whole-Self** to let you experience

your father's instant emotional reaction with, for, or against you  
as he meets you for the first time.

(Father's instant emotional reaction with, for, or against me?) (VR>me)

When your father meets you for the first time,

on a non-conscious level he makes a contract with, for or against *you*.

A sample contract says: 'I'll take care of you if you are a good little boy/girl!'

**21a) Specific question #21a:**

Please allow your **Whole-Self** to let you experience

father's instant non-conscious contract with, for or against *you*  
when he meets you for the first time.

**THE MEANINGS OF QUESTIONS #18 THROUGH #21**

These four questions help me to discover my realities,  
my non-conscious beliefs, regarding relationships,  
between myself & women & them with me,  
& myself & men & them with me.

**Questions # 18) & # 19)** help me to discover reactions & contracts  
between myself & mother, & mother & me.

**18) My reaction to meeting my mother helps me to discover  
my non-conscious attitude with, towards or against *women*.**

**18a) My contract with my mother helps me to discover the contract  
I non-consciously have with, towards or against *women*.**

**19) Mother's reaction to me helps me to discover my non-conscious belief  
of how women feel & react with, towards or against *me*.**

**19a) Mother's contract with me helps me to discover the contract  
I non-consciously believe women have with, towards or against *me*.**

**Questions # 20 & # 21** helps me to discover reactions & contracts  
between myself & father, & father & me.

**20) My reaction to meeting my father helps me to discover  
my non-conscious attitude with, towards or against *men*.**

**20a) My contract with father helps me to discover the contract  
I non-consciously have with, towards or against *men*.**

**21) Father's reaction to me helps me to discover my non-conscious belief  
of how men feel & react with, towards or against *me*.**

**21a) Father's contract with me helps me to discover the contract  
I non-consciously believe men have with, towards or against *me*.**

**22) The last specific question #22: In 25,000 words or less (Humorously!)  
please allow your Whole-Self to let you know  
the main purpose of your life. (My Life purpose?) (Purp)**

**NOTE: Often people will give very lovely intentions of what they would**



like to do in their lives. **Good Intentions are not purpose.**  
So, no matter what has been stated please say “Thank you!” then say:

There is only one purpose for life which everyone shares:

**THE PURPOSE OF MY LIFE IS TO ACTIVATE**  
**ALL THE ABOVE DIMINISHING PATTERNS, FEELINGS, EMOTIONS,**  
**DIMINISHING SELF-JUDGMENTS & DIMINISHING DECISIONS**  
**& THEN TO OVERCOME & TRANSCEND THEM.**

In working with these four **Questions #18) through #21)**, I look again  
at the emotional patterns I discovered in **Questions #1 to #4 & Question #9.**

**These questions reveal the basis of ALL HUMAN RELATIONSHIPS**

A **contract** is an agreement between **two people**. It says, ‘I will do this ***if*** you will do that.’ Often they are **conditions** which are **guidelines** for me to **transcend** in **relationships**.

To make contracts with my partner:

- a) On the left half of a page, I make a list of **everything** I want  
in a **relationship** with mother/females & father/males.
- b) On the right half of a page I make a list of **everything** I am willing  
to **give** in a **relationship** with mother/females & father/males.

I **assemble** the **contracts** from the **two lists** separated by the word **‘if’**.  
This list must be repeated aloud every day for **21 consecutive days**.

\*\*\*\*\*

The **problem** most people have is that they have **incomplete** or **one-sided contracts**.  
Often they are **ultimatums**, **threats**, **capitulation’s**, etc.

It is **essential** to create **very precise contracts**  
with **mother** as representative of **women**,  
& with **father** as representative of **men**.

If I want to include **sex** in my **relationships**,  
it is important to **mention sex** in the **contract**.

I am **not saying** to have **sex** with **father** or **mother**.

As the **original contract** were made with them  
& they are **symbols** of **other men** & **women**,

I must be clear that the sex as well as any other desired relationship patterns must be included in the new contracts.

**NOTE:** If a participant gets upset or accuses you of saying they have to have sex with father or mother that is a possible indication sex abuse did happen with one of them or another adult & needs to be gently dealt with!  
When sex abuse has happened the child normally arrests emotionally, that is, remains a little boy or little girl at that age the sexual abuse may have locked in. These persons often are looking back in life rather than looking forward.

**Whole-Self PAM PostScript:**

After my birth  
my body grew  
my mind developed  
but my emotions arrested or stopped maturing at an early age.

Emotionally I locked into the charged patterns my mother & father  
were experiencing during their pregnancy - my gestation.

So, those emotional patterns were potential during my parent's pregnancy  
& became activated after my birth.

As with most people, this activation took place before the age of seven.

In Whole-Self Psychology, I gently invite my Whole-Self to take me back  
to my Prebirth Experience and to reconnect with my eDNA inheritance  
when my basic reality patterns locked into my consciousness.

My PAM is the first step in tracking my Life's Streams' TRY IT AGAIN!

**The Whole-Self 4<sup>th</sup> Dimensional Balancing**

is designed to give me a simple system for changing  
any of the diminishing word patterns discovered in my PAM.  
We would love to hear your responses to this Whole-Self PAM as well as  
how learning about your beginnings helped to bring you into alignment  
with the Life's Streams® of your Whole-Self!

\*\*\*\*\*

**REMEMBER - NOBODY CAN MAKE ANYONE ELSE HAPPY.  
BUT I CAN MAKE MYSELF HAPPY  
& BY SO DOING INSPIRE OTHERS TO HAPPINESS.**

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Thank your Whole-Self for having served you perfectly today!

\*\*\*\*\*

Thanks to:

Prof. Dr. Peter G. Fedor-Freybergh, ISPPM Honorary Life President,  
for his Mentoring of Whole-Self & Prebirth Memory Therapy since 1986,  
Dr. Ludwig Janus, ISPPM President, who saw that:

"The Whole-Self© Model has the potential to change  
the course of human evolution!"

Dr. Ruth Medvedovsky, Medical Director & National Co-Directors listed page 1,  
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& to all the Whole-Self workshop & individual session participants world-wide who  
have made the Whole-Self Psychology, Philosophy & Educational Process a  
powerful tool for personal & planetary transformation & evolution.

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The final thought Jon RG & Troya GN Turner-Groot would like to share with you  
is the main theme which they each had discovered before they met:

|                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------|
| <p>I do not come into life to do what I know I <u>can</u> do!<br/>I come into life to do what I know I <u>cannot</u> do!</p> |
|------------------------------------------------------------------------------------------------------------------------------|

In other words, if I just do what is easy for me to do -  
If I am not stretched by what I do not know how to do -  
I may be missing my richest opportunities to evolve...

Much Peace & Much Love! JRG&T

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