

WHOLE-SELF
PREBIRTH PSYCHOLOGY
DISCOVERY STEPS©



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WHOLE-SELF DISCOVERY & DEVELOPMENT INSTITUTE, Inc. INTERNATIONAL



W-SDDI

The Institute for
Whole-Self Prebirth
Psychology

Training Material for Students ONLY



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Flexibility & encouraging words throughout any Whole-Self Session
can be helpful.

PREFACE: The following are brief foundational notes which have formed the
hypothesis on which Whole-Self Prebirth Psychology Discovery Steps are based.

The key to Whole-Self Psychology, Philosophy & Education

is the point of attention to which the client is directed.

Most psychotherapies, especially Emotive Therapies, focus on the client's trauma.
They ask the client to go back & re-see the trauma event & react emotionally to it.

The **pain** a client may experience comes from what she/he **believes happened**
in the trauma episode. **Whole-Self** calls this belief the **client's reality**.

With focus on the trauma & emotional reactive repetition some intensity can release the client's reality over a period of time - usually about two years - during which the client's personality is **increasingly reconfirmed** in her/his reality by **physical adrenal & noradrenal hormonal saturation addiction**.

This kind of **hormonal repetition** may actually **increase or intensify** the client's **distorted reality**. (e.g. False Memory Syndrome.)

This **adrenaline charged addiction** can actually lock clients **deeper into their trauma pain** because the intensity of the pain which the client **experiences accumulates**.

In some cases, because of reinforcement of the untrue interpretation of historical facts, the **personality becomes even more reactive & angry to everything** in life.

The **trauma is basically an historic event**. This is the client's **Trauma Trance**.

The client can become even **more trapped** in a **non-conscious belief** that the **trauma is still happening** & so continues to **feel increasing pain**.

But this is **old pain based on old beliefs** & continues **accumulating in intensity**.

The **Whole-Self Hypothesis** states: the **trauma is not the problem**, & the reverse, the **problem is not the trauma**.

The **problem is what happened just before the trauma struck**.

The **feelings just before the trauma struck created reactive behaviors** in the client from that moment on.

When I was feeling happy & a trauma struck, my personality is encoded with the message:

'When I am happy a trauma will strike me.'

So, every time I realize that I am feeling happy I have to shut off my happiness before a trauma strikes again.

My reality can include the same trauma which locked me into the reactive pattern; for example being happy & then being abandoned by a lover, or, it can be a totally unrelated situation.

The point here is that the **problem is not having been abandoned**; the **problem is the happy feeling!**

NOTE: The following script, based on the **Whole-Self Four Laws of Life©**

are steps for Discovery Work in Whole-Self Psychology & Development.

There are ways of discovering the reality pattern strand -
the W-S Life's Stream of Consciousness© upon which we will focus when:

- 1) The client comes with a specific reality pattern (belief) or feeling or both.
- 2) The reality pattern (belief) or feeling has revealed itself in the W-S Releasing.
- 3) The reality pattern (belief) is discovered in any other part of W-S Work.

In Whole-Self Discovery, I usually ask the client to go
to the first time in life when that reality pattern locked in
progressing in subsequent events to the last, most recent time.

When the client resists or has difficulty allowing her/his Whole-Self to bring forth the event, I reverse & start at the present (crisis) or most recent event progressing backwards to the first Trauma Trance event because:

- A) Whole-Self Discovery recognizes that consciousness is like a computer system. Therefore, simple logical steps are required to get the programmed trance patterns activated & reviewed in order to be released or changed.
- B) When people are in crisis, it is especially important to start from a safe place.
- C) The key I establish as a safer space is when I invite the client's Whole-Self to the place BEFORE trauma occurs rather than the trauma itself.
- D) When I am in pain today because of a reality pattern belief,
I am not reacting to today's current event,
but to the accumulation of feelings
from all the times in my life when I repeated the pattern.
- E) First time, next time, next time, etc. is coming from a safer place
as the painful reality patterns will have had less accumulation.
- F) The usual Whole-Self method is to experience all the events
to recognize but not reactivate
the accumulation of the painful pattern impacts

on the **physical, mental & emotional levels.**

G) But there may be times when the first, second or third time may be so clear that both I & the client recognize precisely what the pattern is & that may be sufficient.

H) Sometimes the client skips around in ages, e.g. when the personality goes first to 8/, then goes to 2/. That is fine. Trust the W-S when a client's personality is unable to be sequential to keep him/her from feeling pain). She/he still is getting the data.

I) In strong resistance, as mentioned above, I may even start with the feelings just before the last event & work back towards the first.

PRELUDE

My Whole-Self is circular, not linear.

My Whole-Self is accepting of all the aspects of myself.

My Whole-Self is non-judgmental because it is already in truth.

My Whole-Self is free from the Law of Opposition.

My Whole-Self is in attunement to the WHOLE - encompassing all aspects of myself at the same time even when focusing on a special event.

My Whole-Self knows everything my consciousness has ever experienced & supplies the information when asked for with the correct invitational words:

"Please allow your Whole-Self to let you....."

**When I focus on my personality, which is part of my Whole-Self,
I can discover my non-conscious trance state - my reality!**

**It is appropriate to gently invite both our personalities to be present
in the here & now & to continue to be safe in the present
for these following W-S Discovery Steps...**

**As in all Whole-Self Work, we preface the session
with the Whole-Self Radiance Relaxation Exercise.**

Whole-Self Discovery Steps©

- 1) Think of the thought or situation, please, & feel the feeling in your body.
- 2) As you feel this feeling (speak where), please allow your **Whole-Self** to take you back to the very first time in your life when you felt this feeling.
- 3) As you go back in time & space,
please allow your **Whole-Self** to let you experience the **age** you are
when this feeling locks in to your consciousness
--- the first number which comes to your mind.
- 4) Please allow your **Whole-Self** to let you experience where you are
just **BEFORE** this feeling locks in to your consciousness.
- 5) Please allow your **Whole-Self** to let you experience what you are doing
just **BEFORE** this feeling locks in to your consciousness.
- 6) Please allow your **Whole-Self** to let you experience what you are feeling
just **BEFORE** this selected feeling locks into your consciousness.
- 7) Please allow your **Whole-Self** to let you experience
what the trauma is as the event happens.
- 8) Please allow your **Whole-Self** to let you experience
your instant emotional reaction to what is happening.
- 9) Please allow your **Whole-Self** to let you experience
the shift between the feelings just before
& what happens to those feelings
at the moment the pattern locks in to your consciousness.

We are looking to discover the shift in the feelings from just before
to what happens to them as the trauma strikes called
The Whole-Self Trigger Feelings.

- 10) When you **feel those emotions**,
please allow your **Whole-Self** to let you experience
the **non-conscious self-judgments**
you made **against yourself** at that moment.
(Speak the self-judgments list.)

unlovable unimportant unfulfilled unworthy worthless unacceptable
unsupportable not good enough inferior inappropriate guilty
bad wicked terrible horrible dirty disgusting despicable
dumb stupid inept incapable incompetent incomplete inadequate
insecure helpless hopeless powerless

- 10a) Please allow your **Whole-Self** to let you **remember**
whether these have been **familiar self-judgments** in your life?

- 11) When you make those **self-judgments**,
please allow your **Whole-Self** to let you experience
any **non-conscious diminishing decisions**
you may have **made** at that moment

- 11a) Please allow your **Whole-Self** to let you **remember**
whether these have been **familiar diminishing decisions** in your life.

- 12) Please allow your **Whole-Self** to let you experience is there **anything else**
your **Whole-Self** wants you to know about this event. **Yes or No?**

- 12a) When **Yes**, please know what it is your **Whole-Self** wants you to know.

NOTE: If there is only a single event please ask the questions
from the Completion & Integration of the Whole-Self.

If there is more than a single event
please continue on to the next time, & the next time, etc.

- 13) And now, as you feel those **feelings** in your (specific place/s in your body), please allow your **Whole-Self** to take you to the **next time** in your life when those feelings locked into your consciousness.
Hear the age. Etc.
- 14) Now repeat questions # 4) through #12) going to all the **Next Times** until the **present age**.
- 15) After the **last event** (present age) go to the **Whole-Self Completion & Integration** script.

POSTSCRIPT

A) Sometimes a client can have a spontaneous Past Life Echo (PLE).

Or, you sense that a PLE may be important to Discover
before doing the **Whole-Self Closure**.

If so, it is appropriate to explore one or more PLEs
to get to the **very root** -

the **source** of a repeated painful reality pattern
from **other same pattern lives**.

B) Again, with serious diminishing painful reality pattern problems,
people can tend to go to **safer lives first**, relatively speaking.

For example, this avoidance is seen by going to several earlier past lives
before coming to a **Concentration Camp life** is very common.

(See *Echoes From Hell* monograph.)

C) Also, the **kaleidoscope** of the **same reality patterns**
repeated over several lives can activate & need to be discovered.

W-SDDI would like to share your cases with other W-S Facilitators & colleagues.
You are invited to forward your case histories for possible inclusion in Professional
Papers & publications with credits to you.

Jon RG & Troya GN Turner-Groot would like to share
a main theme which they each had discovered before they met:

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!

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 am missing the opportunity to grow, develop, mature & evolve.