

THE WHOLE-SELF RELEASING EXERCISE



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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

Including

**THE WHOLE-SELF RELEASING EXERCISE
GENITAL AREA SUPPLEMENTAL QUESTIONS
& THE BODY LANGUAGE MEANINGS©1993**

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This W-S script is offered for the exclusive use of persons committed to the Professional Practice of **Whole-Self Psychology, Philosophy & Education**. In 45 minutes the client will gently remember the significant memories which actually need to be focused on in the **Whole-Self Session**. This is in contrast to what he or she believes is the cause of the pathology. It has been described as instant Zen because the client experiences the kinds of memories which might come to the conscious mind during many years of Zen sitting. In effect, it is a kind of decoding specific points in the body. Doctors have called it the most accurate method for getting a client's history. Please give the following information to your client or group.

Introduction

The **Whole-Self** is the all encompassing totality of each person which knows everything she/he has ever experienced.

The **Whole-Self** wants each person to remember, re-vision & release all her or his diminishing reactive memory patterns.

In **Whole-Self Psychology**, no case history is taken.
This is because:

A) A case history represents each person's **realities** -
that is what she/he **believes** has happened.

It is often **these beliefs** are the **problem**; not what **actually occurred**.

B) Each time a person **tells their history** to a therapist the problem
locks them deeper into their **trance** of what they **believe**
is their problem.

These **usually are not the problems** - otherwise previous therapies
would have solved their pathologies.

Facilitator Notes: Repetition can become a compulsive reinforcement
of identity.

One part of the **Whole-Self** is called the **personality**.

When each person was born, each donned or put on a personality like a costume
so that each could play their karmic balancing part or role -
paraphrasing the **Bard of Stratford** - strutting across this **stage of life**.

One of the basic functions of this personality
is to keep each person from feeling pain.

Personality often does this by blocking or suppressing any memories
it (the personality) **believes** might be **painful to remember**.

Pain does not come from re-seeing & speaking what actually happened
but from refusing to see what the personality shapes memory to suppress.

This **Whole-Self Releasing Exercise** allows brief gentle recall & release
of two states: diminishing **non-conscious** as well as **conscious** memories.

The non-conscious are the key ones.

Whether I am consciously aware of my entrancing painful events,
I am still non-consciously feeling & reacting
as if to those events are still happening.

1) As we proceed with this **Whole-Self Releasing Exercise**

I will **not** be working with **your personality**
but with that aspect of yourself which knows **everything**
your consciousness has **ever experienced**.

Whole-Self Psychology calls this your **Whole-Self**.

- 2) Your **physical body** is the **three dimensional focus**
of your **consciousness** which **surrounds & animates** your body.
- 3) You are invited to concentrate on **specific points** in your **body**
related or linked to **specific memories** in your consciousness.
- 4) During this exercise please have your **eyes closed**
& please do not speak until we are finished - about **45 minutes**.
Not speaking prevents the personality from interfering.
- 5) During this **Whole-Self Releasing Exercise**
I will be speaking in the first person "**I**"
to make it easier for you to identify with the exercise.
- 6) There may be places where there are **no memories**;
places where there is **one memory**;
occasionally places where there are **several memories**.
- 7) Please **do not try** to remember anything - **just allow**.
- 8) We are not just looking for physical problems.
You can remember **people, places, events** of any kind.
- 9) Please **do not change** any memory you might find uncomfortable -
I will be proceeding rather **rapidly**
so you will **not get caught** in any emotional reactions.
- 10) Occasionally memory comes from the **past life dimension**.
Please just observe it. We can discuss it later.
- 11) After we have gone through this **Whole-Self Releasing Exercise**
(*In Private say*) I will repeat the exercise & I will **write down** your memories.
(*In Group say*) I will repeat the exercise & **you will write down** your memories.
That will give us a **print-out** of exactly what **needs** to be worked on.
- 12) **Do not discount** any memories as **unimportant**.
They may, in fact, be **the most important** for our work together.

- 13) Please be sure that you are **dressed warmly** enough.
- 14) Please **sit up to remain totally conscious**.
- 15) **When we come to the hands please open them fully**.
- 16) If you are wearing **contact lenses** you may want to remove them.
- 17) The words I am speaking & **repeating** are to give a pacing which allows you to **receive memories** your **Whole-Self** wants you to be aware of for today's work.
- 18) **Release** can be happening even when you are **not conscious** of the **actual event**.
- 19) Now, please **close your eyes & do not speak** until the exercise is finished.
- 20) Again, this is **spoken** in the **first person**.

Facilitator Notes: - Please pause a moment at the end of a normal sentence & where the five *****s appear between body parts.
 - When 3 dots...s appear in the script at the end of a line, please pause appropriately.
 - Longer pauses are ((in brackets)).

The Whole-Self Releasing Exercise[©]

- 1) I let my awareness move to my **toes**.
 & I release from my **toes** all of the **conscious & non-conscious** memories of any pain or suffering, any dysfunction I may have ever experienced through my **toes**. (pause 15 seconds)
 (People stepping on my **toes physically** or **emotionally**.)

- 2) I let my awareness move to my **feet**
 & I release from my **feet** all of the **conscious & non-conscious** memories of any pain or suffering, any dysfunction I may have ever experienced through my **feet**. (Sweaty or swollen feet)

- 3) I let my awareness move to my **ankles**
 & I release from my **ankles** all of the **conscious & non-conscious** memories of any pain or suffering, any dysfunction

I may have ever experienced through my ankles.

- 4) I let my awareness move to my shins & calves
& I release from my shins & calves all of the conscious
& non-conscious memories of any pain or suffering, any dysfunction
I may have ever experienced through my shins & calves. (e.g. sports)

- 5) I let my awareness move to my knees
& I release from my knees all of the conscious & non-conscious
memories of any pain or suffering, any dysfunction
I may have ever experienced through my knees. (pause 15 seconds)

Hints & Notes: The knees often represent mother & father ...

I release from my knees any painful

or punishment memories of mother & father;

Also, I release any memories of submission & domination;

going to my knees through suppression or surrender;

obedience or disobedience to parents or authorities

& possible or anticipated punishment; kneeling in church.

Widow's Knees is an injury to one or both knees following a death or abandonment; the end of a relationship; the completion or failure of a project.

- 6) I let my awareness move to my thighs & my hips - including my buttocks
& I release from my thighs & my hips all of the conscious & non-
conscious memories of any pain or suffering, any dysfunction
I may have ever experienced through my thighs & hips.

Any spankings, beatings, abuse; touched inappropriately; ashamed of body.

- 7) I let my awareness move to my genital & reproductive area
& I release from my genital area & reproductive area
all of the conscious & non-conscious memories
of any pain or suffering, any dysfunction

I may have ever experienced through my **genital or reproductive area**.

Facilitator Notes: See separate section on possible diminishing genital & reproductive patterns: painful menses, childbirth; episiotomy; sexual abuse, male & female circumcision.

- 8) I let my awareness move to my **bladder & urinary tract**
& I release from my **bladder & urinary tract**
all of the **conscious and non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **bladder & urinary tract**.

Possible patterns: Bed wetting; incontinence; new sex partners.
Emotionally: anxiety; not letting go; men sometimes mention their issues with size, being seen by other men at public restrooms.

- 9) I let my awareness move to my **anus, bowel & rectum**
& I release from my **anus, bowel & rectum**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **anus, bowel & rectum** - hemorrhoids ...

Retention; holding; constipation; diarrhea; homosexuality;
fear or disgust or sometimes addiction to anal sex..

- 10) I let my awareness move to my **intestines, gall bladder & stomach**
& I release from my **digestive system**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced in my **digestive system**. (pause 15 seconds)
All the things in my life which were **galling**. (pause 10 seconds)
All the things in my life I could **not stomach** - **people, situations, things**.

Contradictions: "What I crave (addictions) I should avoid!"
"What I hate I need!"
Control Issues: Eating disorders, revenge, addictive behaviors around food.

- 11) I let my awareness move to the back of my abdomen
just below my ribs to my **kidneys**...
- & I release from my **kidneys** all of the **conscious & non-conscious**
memories of any pain or suffering, any dysfunction
I may have ever experienced through my **kidneys**.

My kidneys deal with patterns of **being misled; deception; lying to myself; reduced self-confidence; manipulation; broken promises in myself or in others in relationships or partnerships; not supported; not satisfied.**

- 12) I let my awareness move to the **upper tip** of each **kidney**
to my **adrenal glands**. My adrenal glands are my **superchargers**
when I need an **extra burst of energy**.
- & there are three basic patterns connected with my adrenal glands:
these are **stress, crisis & anger**. (brief pause)
- Some people experience a great deal of **stress, crisis or anger**
& trigger their adrenals **frequently**
& literally become **addicted** to their own **adrenaline**.
- Other people experience a great deal of **stress, crisis or anger**
& **suppress** the **thought patterns** which create them
& the energy comes out as a **disease or dysfunction**
in some other part or system of the **body/mind**.
- So now, as I become aware of my **adrenal glands**
& I release from my **adrenal glands**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced in my **adrenal glands**.

- 13) I let my awareness move to my **spleen & my lymphatic system**.
My **spleen** is located in the space above my left kidney.
My spleen is associated with my **blood supply**
with my **lymphatic system** in **fighting infections**.

In the ancient teachings the spleen was known as
"the seat of anger" - the deep, deep angers.

I release from my spleen & my lymphatic system
all of the conscious & non-conscious memories
of any pain or suffering, any dysfunction
I may have ever experienced in my spleen & lymphatic system.

Facilitator Notes:

- 1) Innate anger - babies are said to be born angry (W-S PLE).
- 2) Re: blood supply; it recycles hemoglobin - the indicator of body health.
- 3) Ruptured spleen: Unresolved emotions not being dealt with burst out.
- 4) In organ transplants spleen is removed several months ahead to reduce body's ability to reject transplanted organ.

The auric spleen can still function, but karmic as well as physical direction is lost so the recipient cannot stay on course & often walks in circles.

This is often related to Past Life Echoes & may have to be balanced in this or another life.

- 5) In organ transplants the charged emotional patterns as well as karma of the donor are also transplanted.
- 6) Organ Rejection is a kind of resistance to letting something happen. This is because the lymphatic system is unable to distinguish between being supported or attacked; rejecting donor's karma Oxidant & Anti-oxidant factors in the blood.
- 7) In Theosophy, the primary source of the sun is the center of the Spleen called *prahna* - the spiritual breath of life.

- 14) I let my awareness move to the center part of my abdomen just a little to the left & going toward the back where my pancreas is located. My pancreas is where my sugar & my insulin are balanced. It deals with the sweetness of life & the lack of sweetness in life. It supports the ability to be loved or loving. It is also where addictions are focused - addictions to sugar, caffeine, alcohol, tobacco, adrenaline....

I release from my **pancreas** all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced in my **pancreas**.

- 15) I let my awareness move to my **liver**
which begins on the right side of my abdomen
& flows across the middle almost to the left side. (pause)

I release from my **liver** all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **liver**.

My **liver** is associated with the concepts of **being misunderstood;**
Alcoholism “People just do not understand me.” It holds patterns of
self-misunderstanding; self-deception; kidding myself; the impossibility
of self-reflection - of looking at myself. & it holds judgments &
resentments... against myself - self-judgments... & against others... blame.

- 16) I let my awareness move to my **solar plexus**
which is located between my **navel or belly button**
& the bottom of my **sternum or breast bone**.

The **solar plexus** is where most people store the **traumas of their lives**.

There may even be a tightening or pain at this moment;

like being kicked in the stomach.

I release from my **solar plexus**

all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction,

I may have ever experienced in my **solar plexus**. (longish pause)

- 17) I let my awareness move to my **heart center**
and I release from my **heart center**

all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **heart center** ... (pause)
Any **heartache - physical or emotional.** (pause)
I release any sense of **loss ... separation ... separateness ... aloneness ...**
isolation ... solitude... any rejection ... self-rejection ...
rejecting other people ... stabs in the heart...
broken heart... heart attack (Comes as a shock)
I just **open my heart & let all these memories be released.** (pause)
I **release** all the memories of **fear or anxiety.**

- 18) I let my awareness move to my **lungs**
I release from my **lungs** all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **lungs.**

My lungs hold **anxiety or anguish of loss or loosing ...**
of death of family or friends ...
issues of life and death ...
holding my breath ... or deep sighs.
Self-judgments of being helpless, hopeless & powerless.

My lungs deal with the **breath of life ...**
& the Law of Commitment ...
& the Law of Responsibility or Irresponsibility.

- 19) I let my awareness move to my **breasts & adjoining lymphatic system.**
I release from my **breasts & adjoining lymphatic system**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **breasts.**

My breasts contain memories of being mothered ...mothering... being
CONSOLED... of being nurtured or not being nurtured; heat & passion;
implants; too large or small breasts; cancer; breast cancer.

20) I let my awareness move to my thyroid & parathyroid glands
at the base of my throat.

I release from my thyroid & parathyroid glands
all of the conscious & non-conscious memories
of any pain or suffering, any dysfunction

I may have ever experienced through my thyroid & parathyroid glands.

My thyroid deals with my sense of being able to have control or
not being able to have control ... helpless, hopeless & powerless
regarding myself or others; with being out of control.

It resonates with my survival !

It is linked with the pancreas and the adrenals to escalate anger up to total rage.

Hyperthyroid is over control. Hypothyroid in under control.

21) I let my awareness move to my arms, elbows or wrists.

I release from my arms, elbows or wrists
all of the conscious & non-conscious memories
of any pain or suffering, any dysfunction

I may have ever experienced through my arms, elbows or wrists.

My arms hold memories of me presenting my power
or pulling back my power in the world...

My elbows & wrists hold memories
of flexibility or inflexibility in myself or in others ...
creating or not creating my place in the world.

22) I let my awareness move to my fingers & my hands.

I turn my palms upward spreading my fingers.

& I release from my fingers & my hands

all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction

I may have ever experienced in my **fingers & my hands** .

Facilitator Notes: Letters are silent. Pause after each, please:

- a) Cuts ... burns ... pinches ... needle pricks ...
- b) Things I had to touch that were abhorrent/horrible to me...
- c) Things I had to do that I did not want to do ...
- d) Things I wanted to do but had held back ... restricted myself
- e) People I have held on to when I knew I should have released them .
- f) People I wanted to reach out to, to ask for help
but had held back ... & ... I release all regrets ...
all the things I let slip through my fingers & my hands ...
- g) People ... opportunities ... situations ... things.(pause 15 sec.)

This releasing in my hands is often experienced as a **physical** feeling ...

&, as I can feel these energies **lifting** off my fingers and my hands,
I can **know**, in fact, that I have released memories
out of **all** the other parts of my body ...

It is simply that through my hands, **my sense of touch**, I can feel it very clearly.
(pause 15 sec.)

23) I let my awareness move to my **shoulders** .. my **back**... my **neck**... my **spine**.

&, I release from my shoulders ... my **back** ... my **neck** ... my **spine**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction

I may have ever experienced through my **shoulders & my back**...

Facilitator Notes: Letters silent. Pause briefly after each, please.

- a) All the **burdens** I let others impose on me.
or all the **self-imposed burdens** ...
- b) All the **duties** I let others impose on me ...
or all the **self-imposed duties**...
- c) All the **guilt** I let others impose on me ...

or all the **self-imposed guilt...**

d) All the **responsibilities** I let others impose on me ...

or all the **self-imposed responsibilities ...**

e) All the **restrictions** I let others impose on me ...

or all the **self-imposed restrictions ...**

This is often experienced as a very physical feeling ...

like a huge weight lifting off my shoulders & my back. (pause)

*

&, I release from my **back** all the feelings of having been **stabbed** in the **back ...**

betrayed ... or memories of other **people** being **stabbed** in the **back ...**

or **me... stabbing others** in the **back...**

or **stabbing myself** in the **back sabotaging myself.**

24) I let my awareness move to my **skin**

&, I release from my **skin**

all of the **conscious & non-conscious** memories

of any pain or suffering, any dysfunction

I may have ever experienced through my **skin.**

25) I let my awareness move to my **ears.**

&, I release from my **ears**

all of the **conscious & non-conscious** memories

of any pain or suffering, any dysfunction

I may have ever experienced through my **ears ... cries ... screams ...**

from tragic or traumatic events.

Facilitator Notes: Letters silent. Pause briefly at each, please.

a) **Words of anger or hatred** I allowed into my consciousness through
my **ears...**

b) **Lies** I allowed into my consciousness through my **ears...**

c) **Words with double meaning or contradictory meaning...**

d) **Words that hurt...**

- e) **Words I wanted to hear but could not hear...**
- f) **Sounds connected with painful or traumatic events.**

- 26) I let my awareness move to my **jaw joints... my TMJs...**
 the joints where my **jaw** connects with my **skull**.
 I release from my **jaw joints** all of the **conscious & non-conscious**
 memories of any pain or suffering, any dysfunction
 I may have ever experienced through my **jaw joints**.

This is where most people store memories
 of having to deal with tension in **themselves** or in **others**
 with patterns of **stubbornness ... resistance ...**
recalcitrance - the belief something cannot change or become different...
abstinence ... inflexibility ... terror ... biting the bullet ...

- 27) I let my awareness move to my **mouth, lips, teeth, gums, tongue, throat.**
 &, I release from my **mouth** and my **throat**
 all of the **conscious & non-conscious** memories
 of any pain or suffering, any dysfunction
 I may have ever experienced through my **mouth** or my **throat**.

Facilitator Notes: Letters are silence. Pause briefly at each, please.

- a) Words of **anger** or **hatred** I have expressed out of my own consciousness.
- b) **Lies** I have expressed out of my own consciousness.
- c) Words with **double meaning** or **contradictory** meaning.
- d) Words that as soon as I **said** them, I wished I **had not**.
- e) Words I wish I **had** said but had **swallowed** or **choked** back on...
 "I should have said!"
- f) **Dental Surgery**
- g) **Foul** tasting medicines, foods, substances.
- h) **Distasteful** circumstances or situations.

Facilitator Notes: Can also trigger memories of **sexual abuse** as a child

or distasteful oral sex; gagging or throwing up (eating disorders).

28) I let my awareness move to my nose & sinuses.

&, I release from my nose & sinuses

all of the conscious & non-conscious memories

of any pain or suffering, any dysfunction

I may have ever experienced through my nose & sinuses.

Facilitator Notes: Letters are silent. Pause briefly after each, please.

- a) Allergies...inflammation... colds - Have to do something I do not want to do.
- b) Smells ... odors ... fragrances ... scents ... fumes ...
- c) People sticking their nose into my business ... interfering into life ...
- d) or into other people's business ... or lives.
- e) Or me, sticking my nose into other people's business or lives.

29) I let my awareness move to my eyes, optic nerves & muscles.

And, I release from my eyes, optic nerves & muscles

all of the conscious & non-conscious memories

of any pain or suffering, any dysfunction

I may have ever experienced in my eyes, optic nerves & muscles.

Facilitator Notes: Letters are silent. Pause briefly after each, please.

- a) Things I have seen that I wish I had not seen...
- b) Things I wanted to see but could not see...
- c) Perceptions & Perspectives... seeing relationships in the world
- d) Priorities

Facilitator Notes: Eating disorders are linked with realities of seeing the self & the world out of proportion - "Disproportion".

30) I let my awareness move to my **forehead & my brain**.
&, I release from my **forehead & my brain**
all of the **conscious & non-conscious** memories
of any pain or suffering, any dysfunction
I may have ever experienced through my **head ...**
My **forehead & brain** are also where my **inner vision** is located.
If I have experienced any **restrictions**
to my own **inner vision** - I release those **blocks ...**
This is often experienced as a **physical sensation ...**
like a **tingling or drawing sensation** in my **forehead**
as these **patterns** are released.

Headaches ... tensions ... bad thoughts ...
negative thoughts ... diminishing thoughts ...
things I have **judged** to be **evil thoughts**.

Now I become **aware** of all these **memories**
as like a **cloud** or a **mass** of energy **floating** above me.
I know that I **cannot destroy energy** but I can **change** it.
& using my **creative will power**
I command all these energies be **changed** into **Radiance**.

Facilitator Notes: In English the word **Radiance** is the correct word because it
is a higher octave of light.
In some countries **Radiance** is translated to the word **Radiation**
as in nuclear, then **Light** is more appropriate.
Please use **Radiance** or **Light** appropriately.
In this text we also can use the original words **Radiant Light**.
Pacing is important. Please pause momentarily whenever sensed.

The words are: "I will these memories to be changed into **Radiance** now!"...
&, as I do, I experience a **peace ... a joy ... a quiet joy ...**
it is like being an **empty cup ... a vessel ... a chalice ...**
&, in order to fill this cup,

I let my awareness go to the **top** of my head ...

And, using my **creative imagination or will power**

I make a little **opening** at the top of my head ...

&, I let my awareness go **through** this opening ...

&, I let it go instantly to the **center of creation** ... wherever that is.

The words I use are: "**I will to be - at the center of creation now!**"...

(For many people this is about **6-10 inches** or **15-20 cm** above the head)

&, as I arrive at this **point of consciousness**...

I see that all of **creation** is filled with this **Brilliant Radiance** ...

this **Illumination** ... **pulsing** ... **shimmering** ... **vibrating** ...

&, I just let myself be **enveloped** in this **Brilliant Radiance** ...

embraced in this **Radiance** ...

I **merge** with this **Radiance**...

I **become one** with this **Radiance**...

And as I do, I realize that this **Brilliant Radiance** ...

is the **creative force of all life**...

&, this **force** has many **names** ...

But, one name I can give It ... is **unconditional love** -

the **unconditional love** of creation for all of itself. (pause)

&, since I **share** in this **creation** ...

since I am **part** of this **creation** ...

I know that I **share** in this **unconditional love** ...

this **Brilliant Radiance** ... this **strength** ...

always available to me!

Now, I draw this **Brilliant Radiance**

down through the **top of my head** into my **brain center**.

&, I let the **consciousness** of all the **cells** in my **brain**

receive this **Brilliant Radiance** as a **gift** from myself ...

for **functioning perfectly** ... (pause)

giving me **perfect balance** in my **left & right hemispheres** ...

in my **male & female polarities** or **aspects**.

I let this **Radiance** flow into my **forehead** area ...

&, I let the consciousness of **all the cells** in my **forehead**
receive this **Brilliant Radiance** as a **gift from myself** ...
for **giving me** ...perfect inner vision ...
perfect insight ...
perfect intuition...

(Option: &, if I wish perfect psychic sensitivity.)

This is often experienced as a **physical feeling** or **sensation** -
a **tingling** or **pulsing** in the **center of my forehead** ...
as my inner vision **gently opens** & **strengthens**.

And now, I let this **Brilliant Radiance** flow through my **eyes** ...
my **nose** ... my **ears** ... my **mouth** ... my **throat**...

I let the consciousness of **all the sense organs** in my **head**

receive this **Brilliant Radiance** as a **gift for functioning perfectly**...
I let this **Brilliant Radiance** flow down my **arms** into my **open hands**.

For just a few moments I turn my **palms upward**.

I let the consciousness of **all the cells** in my **hands**
receive this **Brilliant Radiance**

as a **gift from myself** for **giving me** ...

a **perfect touch** ...

a **perfect strength** ...

a **perfect creativity** ...

(Optional: And, if I wish a perfect healing touch.)

all of which I can **use** whenever I **choose**.

This is often experienced as a very **physical feeling** or **sensation** in my **hands** ...

I realize that I am holding a **pulsing ball** ...

Of **Loving Healing Balancing Brilliant Radiance**

in the **palms** & the **finger tips** of my **hands**.

&, as I can feel this **pulsing energy** in my **palms** ...

I can know, in fact, that I have brought

this **Loving Healing Balancing Brilliant Radiance**

to the consciousness of **every cell** in my **body**...

my mind... my emotions ... my spirit... my Whole-Self...

It is simply that in my hands, my sense of touch, I can feel it very clearly.(P)

& now, I offer this **Loving Healing Balancing Brilliant Radiance**
into my own **heart center**.

& I let the consciousness of **all the cells in my heart**
receive this **Loving Healing Balancing Brilliant Radiance**
as a gift from myself...for giving me perfect **Unconditional Self - Love ...**
perfect **Unconditional Love of myself**.

& I feel **joy** in my heart as it realizes that
I have actually **merged back** with a source of my own being ...
that I am no longer alone ... but **connected** with this source...

& I **thank** my heart for **pumping the life blood**
through my body **every moment** of this life ...

& with **each beat** of my heart not only is it **pumping my blood**
but also this **Light...this Brilliant Radiance ...**
to my **brain & central nervous system ...**
to my **immune system ... to my allergy system ...**
to my **thyroid & parathyroid glands** (at the base of my throat) ...
to my **thymus gland** (by my sternum) ...
to my **breasts & adjoining lymphatic system ...**
to my **lungs ... to my solar plexus ... to my abdomen.**

I let the consciousness of all the cells ...
of all my **organs ... my glands ... my systems ...**
my muscles ... my bones ... my joints ...
my skin ... all the hair of my body ...
receive this **Loving Healing Balancing Brilliant Radiance...**
as a **gift** from myself for **functioning perfectly...**

Once again, I just let this **Loving Healing Balancing Brilliant Radiance**
flow down over my **head ... my face ... my shoulders ...**
my back... my arms... my chest.

I realize that I am sitting in a vibrant **cascade**
of **Loving Healing Balancing Brilliant Radiance**

flowing in ... through ... & around my Whole-Self...
 &, knowing that I can renew this energy whenever I want ...
 I let this Loving Healing Balancing Brilliant Radiance
 flow down over my hips & my thighs ...
 my knees... my shins & calves...
 my ankles... my feet... my toes...
 And, thanking my Whole-Self for having served me so well today ...
 I close the little opening at the top of my head...
 &, because I have been very conscious & very wide awake ...
 when I want I can gently open my eyes...

Facilitator Notes: The energy is now grounded down to the toes.
 Over 30 years ago, the first inspiration came when I started to teach aura healing which included a Light Meditation, I was informed that it was very important to close the top of the head because if people went around with that chakra open they could be invaded by other/lower entities.

Facilitator Notes: Wait until the person or group have opened their eyes & you sense that it is appropriate to proceed.
 Sometimes, a specific memory, often a surprise, has been recognized which needs to be dealt with immediately through **Whole-Self Psychology**.

- A) Now I will repeat this **Whole-Self Releasing Exercise**
 (In private session) & I will write down your memories.
 (In group) please write down your memories.
- B) Even if you have **forgotten** some memories that is all right,
 because those **memories are released**.
- C) You may believe that you had **just a few memories**.
 That is all right, too, as your **Whole-Self** may be letting you know
 that those are the **most important ones**.
- D) Also, as we are repeating this, if you get any **new memories**
 please **tell me (or) write them**, as these are just as valid.

.....

Please contact us at the Whole-Self Discovery & Development Institute Inc. International©. We are available for your **Supervision**. Even if Supervision is not required, please feel free to contact us through email with any significant cases which we can share with other **Whole-Self Facilitators**.

Whole-Self@quicknet.nl

Much Peace & Much Love, Much Radiance! Jon RG & Troya GN Turner

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THE WHOLE-SELF RELEASING EXERCISE GENITAL AREA SUPPLEMENTAL QUESTIONS©1993 John-Richard & Troya Turner

50th Anniversary Revision©2013

2013 USA

by Jon RG Turner & Troya GN Turner-Groot

**Everyone's sexual & genital area patterns are their center
for the excitement, enthusiasm, anticipation, liberation &
PASSION FOR LIFE & CREATIVITY
& MANIFESTATION ON ALL LEVELS.**

**Everyone's balance regarding sexual openness or closedness
are a direct barometer of my ability to have
or not have passion in or for life.**

NOTE: You will find when doing the retrieval/sharing phase of the **Whole- Self Releasing Exercise** most people will say that they had no memories in the **Genital Area**. Since this is so **common** & so **obviously not true**, we have found the following points can often **safely activate memories** which need to be brought to the conscious mind in order to be **dealt with, released & balanced**.

As a matter of fact, you will find that the genital area commonly offers the highest degree & highest number of traumatizing memories even after an original 'NO Memories!' answer.

Spoken throughout in the first person for ease of understanding.

We do not give this list as part of the regular **W-S Releasing Exercise** for three reasons:

- 1) It would make the exercise more than 45 minutes which is about the limit most people can comfortably handle.
- 2) It would take more than one side of a 90 minute cassette.
- 3) In the original **W-S Releasing Exercise**, the purpose is to allow the **W-S** to bring to the conscious mind the most important events which it wants the participants to become aware of for processing/releasing.

By not giving all the following possibilities which this list may generate at the first reading of **W-S Releasing Exercise**, I may from the initial exercise come in contact with the **most important sexual or genital memory which first needs to be remembered.**

This exercise is offered especially when the person **has not gotten any sexual or genital memories in the W-S Releasing Exercise at all.** This is particularly so when it is **evident that memories are being suppressed** e.g. The patient comes because of a possibility that she/he was abused. This is stated here with the realization that almost all sexually & genitally related memories are often **commonly completely suppressed** my personality says, **'To keep me from feeling pain!'**. I find that this list is especially valuable in helping people come to the truth in what is called **False Memory Syndrome.**

Societal & religious traditions added to the personality's function **'to keep me from feeling pain'** make this **'No memories!'** answer understandable.

So this exercise is suggested as part of the retrieval phase of the private or group session when there is more time to properly facilitate whatever **W-S Psychological Processing** needs to be done to **support** the person who may have come in contact with **painful or distressing** memories.

It is a basic Principle of **Whole-Self Practice** that **consideration, respect & sensitivity for participant's moral, ethical & religious beliefs** must be honored even when you sense they may, in fact, be the **cause of** the presenting problems. This does not mean that you should not explore the full implications involved in those beliefs but that the **W-S Exploration** must be carried out **sensitively & respectfully.**

NOTE: Here are some more thoughts which can be discussed **privately** or in **groups before, during** or **after** going through the possible points.

- 1) **Obsessively controlling parents**, because of their own **low self-esteem**, need to have **absolute & total control** over their child.
- 2) Because **their parents had low self-esteem**
their parent's battle cry was to justify **total control** by saying
"I will raise my children the way I want to raise them!"
(The way I would like to have been raised!)
- 3) This **attitude & justification**
regards the child much as a **garden plant** which must be **raised**.
Or, even worse, an **unruly animal**
which **must be constantly disciplined & controlled**.
- 4) This is because that attitude probably was what their parents
may or may not **have done** to them.
Although **diminishing modeling** can be repeated,
The Law of Opposition would show
that most **obsessively controlling parents**,
in many cases, had **overly liberal parenting**.
- 5) Some persons had '**no place**' or '**respect**' to develop their own
self-esteem which is **directly connected** with **sexual development**.
- 6) As **sexual patterns** are believed to be **pleasurable & liberating**
sexual exploration is **unacceptable, evil**,
&, therefore, an **easy target for suppression**.
- 7) **Paradoxically**, while **sexual interest** is what needs most to be
suppressed by parents who need to have **absolute total control**,
at the same time, this **sexual interest** is what is most needed
for **full development** of the **child's personal self-**
empowerment, self-expression & liberation.
- 8) The result of all this **parental perversity**, is that
the child becomes **diminishingly distorted**
& is therefore **incapable of developing**
healthful & enhancing expressive individuality.

THE SECRET

This next section must be approached with **great care** as it can trigger
long suppressed memories around '**the secret**'. *In the 1st Person...*

- 9) Sometimes I may have a **vague feeling**
that something **sexual** may have happened.

I may say that there seems to be **something there** but am unable to connect with what it is.

- 10) Other times, without that vague sensing, the **secret** or **hidden memory** may be **signaling** the **conscious** from the **non-conscious** through the **totally innocent inclusion** of **the word** '**secret**' or '**hidden**' even in **some other context**.

This can be **during** any formal regular **Whole-Self session** or **informally during conversation** before, during breaks or after the session.

- 11) This **secret** may have included **extreme punishment**, even a **death threat** if the **sexual secret** is revealed.
- 12) In a sense, '**the secret**' defined my **individuality**. That is, it set the **parameters** or **boundaries** - the **limits** within which my **personality establishes** the **belief** that through **not remembering** it might/could **exist** within **some sense of safety**.
- 13) My **personality** sets up this **safety zone** through **amnesia** when the **consciousness** goes into **shock** or **trance**.
- 14) Facts of **what happened** in the sexual event are **not the problem**. The **reality/belief** that I should **not remember** is the **actual problem**.
- 15) My **personality** believes (reality) that as long as I am **not remembering/re-visioning** what happened I am **not in pain**.
- 16) The **truth** is that my **non-conscious** is **continually aware** & in **pain** of the **patterns** - **not as events** but of **memories** of the **feelings** which the **events** generated.

- 17) The **truth** is that as long as my **personality** **refuses** to **acknowledge** what happened there is **non-conscious pain** from the **suppression**.

- 18) The **more energy** I put into **resisting remembering** what actually took place the **more pain** I am **non-consciously experiencing**.

- 19) **Child** is not **believed**.

Either of the words - '**secret**' or '**hidden**' & sometimes '**I don't know!**'

in any context, can often be a non-conscious clue
& even a cry for help.

It is very important that this non-conscious clue/cry for help
be picked up or recognized by the W-S Practitioner.

IF THE SECRET IS SHARED THE DIMINISHING PATTERN FALLS AWAY

A simple Whole-Self SECRET: RESPECT THE SECRET!

Ask the person to tell the secret. When he/she says that they cannot, say:

“You can share the secret with me, & do not have to tell anyone else!”

The next time you see that person she/he will tell you that they have
been telling everyone & are often amazed that people knew it anyway.

Previous Emotive Therapies can be just as or even more traumatizing
than the original abuse incidents. This is because they act out & support
the reality which the person or even some emotive therapists who have
not resolved their own child abuse patterns believes happened.
By acting out with emotional aggression another layer of abuse gets
locked into the consciousness of **both clients & emotive therapists**.

This **encoded emotive therapy trance behavior** can need even more &
careful **W-S work** to be released. If you have not had appropriate **W-S
Sex** or **W-S Child Abuse Training** please refer the person to a **W-S Sex
or W-S Child Abuse Trained practitioner**.

Troya or I are available for **supervision** or even to **work with the client**
with you **observing** the non-traumatic **Whole-Self Psychology** approach.

NOTE: Now please speak the following brief introduction.

Here are a few thoughts to help make this exercise easier:

- a) It is quite usual for most people to say that
they have **no or few** memories in the Genital Area.
- b) The reason why this can happen is that people's personalities
are exercising one of their basic functions:
`to keep me from feeling pain'.

- c) If my personality believes that I will experience **pain, shame, humiliation or guilt** by **re-seeing** the incident connected with sexual memories, it will give me a **blank** or no answer.
- D) We have found that there are **fairly standard times/events** when trauma patterns dealing with sexuality get locked into the consciousness.
- e) To assist your **Whole-Self**, I will run through a list of possible times.
- f) If any of these trigger a memory **please tell me.**
(If a workshop say) **please write.**

Whole-Self Releasing Exercise **Genital Area Trauma Points©**

- 1) If fe/male, being circumcised at birth or (shortly) afterwards.
In a female endometriosis ...

* * *
- 2) **Knowing from earliest personal awareness of being in the wrong gender body.**
 - a) **Spoken or psychic disappointment** by one or both parents.
 - b) **Reincarnating too quickly.**
 - c) **Having reincarnated too often in the same gender.**
* * *
- 3) **As an infant or young child feeling overwhelmed or fearful being unduly touched or genitally stimulated while being bathed or diaper changed by a parent or other person. (Pause)**
In some countries, **gentle, non-invasive stroking or massaging the genitals** is a common practice to teach children **relaxation & the pleasure of being in their bodies.**

& so, culturally infant genital stimulation is not always sex abuse.

* * *
- 4) **As a child, playing doctor & nurse sexual exploration games with other little children & if caught**
 - a) **shamed &/or humiliated & not being punished;**
 - b) **verbally or physically punished.**

* * *

- 5) As a child, feeling **guilty** for **touching yourself** or **masturbating**;
& if caught
- a) **shamed &/or humiliated & not being punished**;
 - b) **verbally or physically punished**;
& sometimes **embarrassment**
 - c) **being exposed to same sex settings**; shower in gym.
 - d) **in nudist or naturist settings**.

* * *

- 6) As a child or **puber**, being **physically &/or sexually involved**
with/by a **parent, siblings(brothers/sisters), other relatives,**
friends, acquaintances or strangers.
Sometimes the child is pleased (Pause)
by the **attention &/or pleasure received from an adult.**
The **trauma** here is when the **pleasurable sexual behavior**
- a) **is stopped by the adult** to prevent pregnancy
or **by itself (moving house)**;
 - b) **because it is discovered**;
 - c) **is told it must be kept a secret** (This is the greatest
trauma because it sets up incredible conflict
when it forbids telling about the pleasure & fun.);
 - d) **threats to safety & life** if the **secret is revealed**.

* * *

- 7) As a child or **puber**, being **told or inferred** that **one or both parents**
wanted a child of the opposite sex; “If you had only been a ...!”
&, being **forced to cross-dress** (even into **mid-teens**); ->
- a) **females being ‘tomboys’** to please father;
 - b) **males dressed as ‘pretty girls’** to please mother.
These can both go on into **mid or late teens**.
 - c) **Mother may have wanted a boy**.

* * *

ENTERING PUBERTY

- 8) **Too early or too late development into puberty.**

* * *

- 9) As **female**, feeling **shame &/or humiliation**
at **development or non-development of breasts.**
Trauma can be from being **too early, too late, too large, too small.**

* * *

- 10) As a **male**, being **shamed & humiliated &/or berated**
for having **wet dreams** which **soiled his bed**

* * *

11) As male having erections at inappropriate moments.

* * *

12) As female, commencement of menses (first period)
without any warning or preparation.
The puber may believe she is dying or being punished by god.

13) Trauma can be not being educated &/or prepared for

- a) what will happen physically &/or emotionally when menses starts;
It is quite common for mothers to fail to educate daughters because
 - i) unable to deal with anything sexual especially where any sexual reference is considered sinful.
 - ii) have low self-esteem regarding their own womanliness.
- b) feeling shame &/or humiliation when mother reacts in anger, abuse or punishment because her little girl is becoming a woman which proves the mother is getting older.
- c) father is told & responds joyously.
- d) untouchable, ritual cleansing baths

* * *

In Africa all women have their menses together
(Also in offices, boarding schools) & have a celebration every 28 days.

* * *

In some societies female sexual development can be arrested

- e) by being physically beaten & punished by mother &/or father as a reminder that
 - i) womanhood is supposed to be painful;
 - ii) not to have sex before marriage;
 - iii) she is to be submissive to her family/husband;
 - iv) sexual activity must not/never be enjoyed;
 - v) childbirth, the only reason for sex, must be painful.

Some Arab/African societies practice brutal female genital circumcision, mutilation or sewing closed the vagina.

Reference: Alice Walker - *'Possessing the Secret of Joy'*.

This practice is becoming a problem in non-African countries as African & Middle Eastern customs & cultures migrate worldwide.

* * *

14) For female having painful menses early or even all through life.
B Complex vitamins can be helpful.
You cannot prescribe, but do discuss or refer her to her doctor.

* * *

HOMOSEXUAL LIFESTYLE

a) Knowing that same sexuality is their normal natural orientation.

- b) This does not include **homosexual rape by an adult** (or adults) which can lead to an **emotionally painful homosexual lifestyle** which can be induced by the **rape trauma**.
- c) Possessive mothers.

- 15) As a **child or puber**, feeling **shame, humiliation, trauma, guilt** (self-rejection) even **self-punishment** for being attracted to others of the **same sex in sexual fantasy or sexual act; mutual or group masturbation**.

Contrary to religious dictates, **homosexual attraction, exploration &/or acting out amongst children of the same approximate age**, is an **essential phase of normal, natural healthy sexual & healthy mental/ emotional child development**.

This normal 'homosexual phase' usually releases **societal or religious** suppressing opposition (W-S Law of Opposition) to anything sexual which simply **neutralizes possible painful homosexual lifestyle** later in life.

In peer to peer childhood sexual exploration

it is only the 'sin' label creating **guilt** which is the **sin**.

- a) Some persons have **sin without guilt just thinking about the sex act**.
- b) Some persons have **guilt without sin**.

* * *

- 16) In school, **dread of undressing &/or showering** with classmates because of **over or underdevelopment of body hair &/or genitalia: penis in males, breasts in females** causing **rejection, humiliation or ridicule by peers**.

* * *

- 17) **Extreme objection by obsessively controlling parents** even **refusal to allow any dating** at all even into **early or late 20s**.

* * *

- 18) **First/early dating disasters** causing **shame, humiliation, guilt or trauma**.

* * *

- 19) **Pressure by sexually active peers:**

- a) **to begin or increase sex:**
- b) **or resist any sexual activity;**
- c) **having sex & enjoying it.**

Trauma can come from **fantasy:**

- d) **desiring but not having sex;**
- e) **desiring but not having same gender sex.**

* * *

- 20) **First emotional or physical intercourse** resulting in **disappointment, shame, humiliation or guilt?**

Trauma can come when a **boy promises girl he won't tell** if girl has sex with him;

she does in good faith & he tells;

next day whole school knows & girl is ridiculed

&/or even ostracized by her friends.

* * *

SEX & PREGNANCY

- 21) Having unprotected or unsafe sex leading to in oneself or one's friends
- terrified to have sex;
 - for female a girl friend getting pregnant;
 - concern to contract venereal diseases;
 - AIDS
 - MRSA
- 22) Becoming pregnant:
- at the 1st intercourse (common not just in fiction stories);
 - out of wedlock;
 - terrified of getting pregnant;
 - trauma to keep secret from their parents
or the father of the baby.
 - lying about being pregnant to trap or hold a man;
 - getting pregnant to hold man;
 - man says had vasectomy to avoid using a condom & has not;
 - when making up for a split or argument.
- * * *
- 23) Painful or traumatic pregnancy, labor or child birth;
- Failure to get pregnant
Feelings of inadequacy by the male or female.
 - Fertility drugs & invasive procedures.
 - Family history of painful/traumatic births.
- * * *
- 24) Spontaneous abortion or miscarriage.
- * * *
- 25) Abortion or abortions outside or inside marriage;
Trauma from
- keeping it secret;
 - partner objection to pregnancy;
 - partner forcing the abortion
 - partner objecting to the abortion
- * * *
- 26) Perinatal or Postnatal depression (M & or F).
- * * *
- 27) Dating & feeling guilty or upset for having simultaneous or serial
(one after another) intercourse with more than one partner.
- * * *
- 28) Having sex with two or more partners together.
- Voluntary or forced.
- * * *
- 29) Dating & having intercourse with one person & feeling guilty
for wanting or desiring sex with other partner or partners.

* * *

30) Being frustrated by wanting but being unable to be dating
&/or having intercourse with more than one partner at a time.

31) Having sex while married, committed or not committed
with one or others outside the marriage;
or mate having sex outside the marriage;
or a sexual relationship with a person who is married.

* * *

32) Being rejected for sex in a marriage or relationship.

Trauma can come from

- a) not wanting sex with mate;
- b) partner not wanting sex with you;
because of not loving any more,
loving someone else or same sex preference.
- c) impotence or frigidity;
- d) masturbating in front of the partner:
- d) not being able to masturbate in bed
(while partner sleeping or awake but not participating).

e) Perhaps the most painful pattern in this section is known as
the **Virgin Mary Complex**:

- i) male sexually powerful with a woman before a commitment.
- ii) after a commitment he puts his partner on a pedestal
& refuses to touch her.
- iii) because of his attachment to his mother,
- iv) before commitment he sees the woman as a whore for sex;
- v) after commitment he sees her as his mother
who represents the Virgin Mary & must never be touched.
- vi) a variation of v) is that he could consider that to have sex
with his partner/mother he would be committing incest.
- vii) in committed relationship man only goes to whores for sex;
Don Juan Complex.
Virgin Mary Complex is not having sex after wife gave birth.
- viii) Jung adds -> **Mother complex.**

* * *

32) For males phimosis(foreskin to tight), prostate, impotence
&/or premature ejaculation. For females frigidity.

* * *

33) Violence, attack, rape of any description?

- a) Sado Masochism (S & M) is adrenal addiction.

FINAL NOTES:

Having gone through this list you now have about a comprehensive list
of possible traumas connected with sexual or genital patterns.

There may be others so please add them & please send us a note so we can notify all the other **Whole-Self Therapist**.

You can now proceed with the usual **Whole-Self Psychology work**.

As you have learned, relationships are one of the most important tools for **personal growth, development & evolution**.

This is because partners, as mirrors, reflect patterns to each other which need to be worked on to **activate & release**.

This is why it is of great benefit to work with **all parties** involved in the relationship.

A memory pattern which can come up is that sometimes the person you are working with may have been a **perpetrator of some sexual or violent act** which is against not only unethical & immoral behavior but in specific countries is against the law.

There may also be laws (USA) **requiring** the reporting by therapists of such crimes to the authorities.

If you have any doubts or questions about this it would be best to bring it to the attention of the **Whole-Self Graduate Body** for clarification & considered correct action.

You can see that there are many possible diminishing & traumatizing realities which people can present.

A total **W-S Session** can focus just on the sexual or genital area.

Sometimes even more than a single session is needed.

The **Whole-Self Hand Dance Balancing** over a three week period can be especially effective.

We have presented a considerable number of potential pathological patterns.

You must be alert to other possible realities not mentioned & be able to work with them **in balance yourself**.

As the patterns discussed may be of the most personal, intimate & possibly arousing nature, you must be especially alert to problems which could arise from **transference & counter-transference** which could lead to serious

breaches in ethical practice & professional decorum
as outlined in **W-SDDI Code of Ethics**.

Since realities are based on subjective beliefs of the participants,
it is essential that before proceeding that one's own sexual realities
have been brought up, examined & appropriately balanced
within the **Whole-Self model** before going into depth
with participant's patterns.

Therefore, it is important when going through the above list to sense
if any of the points have struck a note of disturbance
or upset in yourself.

If so, please make immediate contact with us to work & balance them.

This is not just a casual suggestion but a firm responsible policy
of both the **W-SDDI** & the **Whole-Self Graduate Body**.

We thank your Whole-Self!

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WHOLE-SELF BODY LANGUAGE MEANINGS©1992

by John-Richard & Troya Turner

50th Anniversary Revision ©2013

by Jon RG & Troya GN Turner-Groot

Supplement to the **Whole-Self Releasing Exercise©**

& Whole-Self Psychology© Philosophy© & Education© Systems

The following, in outline form, gives some symbolic and/or metaphoric meanings to various parts of the human body. It is used by Whole-Self Facilitators to gain deeper understanding of their client's histories. When clients refer to injuries or diseases in specific parts of their bodies those points can give the W-S Facilitator significant insight about specific named or not named patterns in the client's lives. The format is highlights not sentences.

TOES = People stepping on my toes physically or emotionally; Balance in life; 'Difficult to get a toe hold.'; Digging in or grabbing to the earth/world; Wanting to be in the world or not wanting to be in the world; Stumbling, stubbing or tripping are coming up against the world - being blocked, stopped or sabotaged; 'Cramping my style.'; 'Toeing the line or mark.' is attending to the details in life.

FEET = Establishing a foundation or footing; Contact with the earth; Grounding and at the same time moving or propelling in an enhancing or diminishing way on the earth/world; Stuck or paralyzed or accelerated in life, motivations,

projects or relationships; Achilles' heel - one's most vulnerable point; Hung by heels at birth; Stepping on a nail

ANKLES = Hung by the ankles at birth; Vulnerability; Religion, philosophy, my belief or non-belief in life; 'Who am I without my beliefs?'; Flexibility solidifying to fundamentalism; In propulsion or moving forward in/through life relative to FEET above; Connector between FEET(the grounding) and the CALVES (the power); Twisting; I sabotage my forward movement; Moment of doubting my power means I don't believe in it anymore.

CALVES = Basic energy, strength; Source of power for moving forward as in ANKLES, FEET & TOES above. Bitten by dog; Cramps -> Magnesium & Copper.

SHINS/TIBIA = Strength to stand up in the world; Basic protection, stability and vulnerability; Standing up for one's rights or reduced from my rights; When I try to protect my shins I become more vulnerable.

KNEES = Shock absorbers of life; Father & Mother; If diminishing: Punishment for disobedience; Subservience & Domination as a cellar or dungeon personality; Pride: Free Spirit; Basic trust or distrust; Individuality; Battle or domination; Schemes & screams of Power Battles; Being cut off from one's self-esteem & self-confidence -> shame and/or humiliation; Bow or Knock Kneed; Female/male aspects yin/yang.

THIGHS = Power position on earth/of life; Self-responsibility; Standing up for oneself in life in the world; Assertiveness; Perseverance - long term power; Cellulite; inhibition to move in life - not enough blood flow -> toxins not removed -> toxins lodge in the fat; In anorexics extreme thinness comes from restricted, distorted view of their power. That is, they believe that their power is expressed by diminishing & denying their power not by using it.

HIPS = Flexibility & mobility in moving through earth /life; Directions; Directness Shoot from the hip!; Connector to passion/enthusiasm in world/life/projects; Swiveling; Seduction; Enticement; If diminishing: Lack of mobility, flexibility, passion, enthusiasm; Avoid; Serve; Evade.

BUTTOCK = Living in the here & now; Sitting; Rest; Restlessness; Being in the world peacefully; 'Covering your butt' to protect myself; Protection or non-protection from physical punishment or abuse -> forced subservience, shame, submission, humiliation, self-judgments, self-hate, self-loathing, lies; Doubt being a man/woman human; If large - Hate being female; If small & tight - Hate being a male who looks female; Anxiety if appear girlish; Father calls daughter male - 'No man will marry you!' Aggravation or non-aggravation - 'A pain in the Butt (ass)!'; Stuck in seat; In Sophrology - Fear.

GENITALS = Hormones -> life force, identity, re/production, replication, duplication; passion; Sexuality, sex, sensuality; enthusiasm &

determination; Cesarean the mother has difficulties to open herself to genetic expression; **Most important sex organ is the brain - Importance of fantasy.** If diminishing: frigidity, barrenness, impotence, premature ejaculation, non-enthusiastic, fruitless, helpless, hopeless & powerless. If a woman does not use her sexual apparatus, even for years, she can become sexually active again; a man cannot revive this functioning.

BLADDER = Power of the emotions; Anxiety or fear, materialization of body needs; Retention &/or release of emotions; Infections: from retained urine or unrecognized &/or unexpressed emotions; Confusion with infections from multiple sex partners; Loosing control - Bed wetting; Wetting pants; Incontinence - lose of self-image; Pissed-off; Taking the piss or mickey (Stream of power) out of someone; Making fun of -> humiliating. 87% of coal miners in Limburg died of bladder cancer.

ANUS, BOWEL, RECTUM = Control; Release &/or retention of physical, mental, emotional or spiritual patterns or things; Waste and/or victim control; Hopelessness - Not seeing any options; Letting go &/or holding back; Extremes are diarrhea - total non-control of life overwhelmed by emotions and constipation underwhelmed; Total frozen, blocked, paralyzed emotional realities & patterns; Hemorrhoids; Anal sex - Rape or pleasure center; ripped at childbirth from perineum to anal sphincter causing incontinence.

DIGESTIVE SYSTEM = Blocks or stress create ulcers (burn spots) in next three.

STOMACH = People, situations, circumstances, things which can or cannot be taken in or absorbed or digested &/or made appropriate use of or transformed; A kick or blow in the stomach is actually a feeling in Solar Plexus.

GALL BLADDER = Galling; Bitterness; Dismay; Irritation; Resistance; Gall Stones - crystallization or hardening of the above. See also LIVER.

INTESTINE = Absorption/non-absorption; Assimilation/non-assimilation; Drawing or not drawing benefit from matter/life. See ANUS.

KIDNEYS = Relationships; Betrayal; Broken promises Manipulation; Lies; Deception; Imbalance of water (emotions) and air (mind); giving & taking; Kidney Stones hardened or crystallized above patterns; Hard to get stones out of duct; Extreme opposites.

ADRENALS = Fight or flight; stress, crisis, anger (helpless, hopeless, powerless)> extreme &/or uncontrollable behaviors; fundamentalism; Stubbornness; adrenaline most addictive substance to which the human body can be exposed. Drug addiction.

SPLEEN = Connected with the **blood supply**, breaking down blood cells; **Bad blood, spite, ill temper & ill humor** to make new ones -> **renewing of the ego** (W-S PLE©); **Storage of blood cells (karmic memories); Producing white blood cells / lymphatic system / auto-immunity / fighting infections** -> **change and defense; transformation of patterns; Saturn is related to karma & the spleen; Controls being able to walk a straight line; In organ transplants spleen is removed several months before to reduce organ rejection & clients walk in circles..**

PANCREAS = **Balancing sugar & insulin** -> **hormone of love, creativity & humanity; Sweetness of life or the lack of sweetness in life; Lack leads to uncontrollable & unprovoked rage and hypoglycemia; Too much sugar -> hypoglycemia; Can lead to Sociopathic behavior; Lack & need to control leads to diabetes; Center of addictions to substances - sugar, alcohol, coffee etc. &/or addictive behaviors; USA cigarettes are 80% saturated sugar (a second addiction to be overcome); Coffee possible connection to Pancreatic Carcinoma (cancer); Divorce, disease; Karmically death is a lack of sweetness based on not having self-love; - Land of broken Dreams; Not wanting to know what I want in my life - my target, my goal.**

LIVER = **'People just do not understand me!'**; **Pathological self-analysis, self-judgments, self-pity & resentments of self and blame toward others, resentment, alcoholism; Alcohol is directly converted into sugar (pancreas) by the body; out of control leads to stupor; In French -liver means *spirit*; In healthy tone it is inspiration to live life, personal/general good life; Happiness/unhappiness; Feelings are understood by understanding the self - self-esteem -> self-love by not being judgmental or resentful.**

SOLAR PLEXUS = **Where traumas of this and past lives are stored; Receiver and conduit or interface of emotional information to & from the consciousness storage bank which is the aura or bio-energetic field; Shaped like a miniature brain; If open -> receptive to neutral or enhancing information; If closed or tightening -> refusing the information (stomach/pain comes from resistance) by shock, faint, coma or even death; Pain not from the trauma which is neutral but from resisting the thought about the event or situation.**

HEART = **Love; Fullness or non-fullness (emptiness) of Life; Security or insecurity; Fear or anxiety -> terror or panic; Heartache (physical or emotional); Emotional seat of loss, separation, separateness, aloneness, isolation, rejection, rejecting others, self-rejection; Crossing point of the lemniscate / mobius strip which the bloodstream makes through the body, oxygen, iron and sun energy/power; By controlling my power -> I am untouchable, denial of feelings in relationships; Knowing feelings of others very well - too well -> projecting, paranoia.**

LUNGS = **The Breath of Life; The Law of Commitment to take the first breath (or to initiate any project); The Law of Responsibility to keep breathing (or**

keep a project going to fulfillment); Giving out and taking in is exchange of energy with the earth (in/exhaling); Hold anxiety or anguish of loss or loosing; Of death of family or friends; Issues of life and death - survival; Humility - true or false; Humbling; Holding the breath; Smoking - Smoke screen 'Keeping the secret!'; Breathing is a social affair.

BREASTS = 'Mother!'; Nurturing or being nurtured; Not nurturing nor comforting & growth also of the HEART and LUNG aspects; Intimacy & sexuality; lymphatic system -> defense (Paradox: Amazons cut off a breast to better handle their weapons and therefore have more power); Mastectomy & self-esteem; Too large/too small just as traumatic realities. Binding to suppress/repress femininity; Burn the Bra Movement in the 1960s.

ARMS = My power: Presenting or pulling back my power in the world; Reaching out with heart in between; Opening or embracing or closing out the world, people or situations; Twisting someone's arm physically or emotionally to force them to my will; Distorting power; Manipulating .

ELBOWS = Flexibility or inflexibility in creating or not creating my place and my power in the world; Appropriately or inappropriately making my space. French - Playing with the Elbows.

WRISTS = Flexibility or inflexibility in presenting or not presenting myself to the world; Action; Dismissal; Flick or snap of the wrist.

HANDS & FINGERS = How I present myself or hold back presenting myself to the world; Contact in the world; Doing what I want to do or don't want to do; Holding onto or releasing objects I want; Holding onto or releasing people; REGRETS; Releasing or holding onto things, situations which have slipped through my fingers/hands; Nail biting - stress -> extreme anxiety.

THYROID GLAND = Thermostat; Control valve; Information from the hypothalamus (king) to action T6 is Prime Minister.

SHOULDERS & BACK = The weight of the world, realities, problems, burdens, duties, guilt, obligations, responsibilities, restrictions of what I can or cannot take on or bear in life, self-imposed or imposed by others; Being stabbed in the back - betrayed or stabbing/betraying others; Self-sabotage; firm or weak shoulders; Emotional support or stability; Shoulder to cry on; Support in life; lower back pain -> not living in the here and now; Striving; Trying to do; Excuse for not doing; Atlas Shrugged; Put my back or effort into doing something.

NECK = 'Who or What is the pain in your neck?'; Risking; Sticking your neck out; Surrender; Capitulation; Putting your head on the line; French: Talking from the neck is speaking nonsense; To get it or catch it in the neck; Red neck or

Stiff necked is rigidity or inflexibility - not being able to see anything except from the single point of view.

EARS = Reaction to words of anger and hatred, lies; Words that hurt; Words with double or contradictory meaning; Words I wanted to hear but could not hear; Sounds connected with painful or traumatic events; All can be triggers connecting with the SOLAR PLEXUS; At one month gestation, hearing is the first sense to activate; In coma it is the last sense to still be functioning; Sounds of the spheres - way out or far out of the world; Noise pollution.

JAW JOINTS = Stubbornness; Resistance; Inflexibility; Obstinace; Fear, Terror & Panic; Recalcitrance - Inability to see options in life/situations - that anything could be changed or be different; Biting the bullet; Blocking energy -> victimness ->; Lock Jaw; Non-Communication.

MOUTH = Spoken words of anger or hatred; Lies; Words with double or contradictory meanings; Words wish had been said but choked back on; Words I wished I had not said; Foul tasting foods, substances or medicines; expression, power of word and sound; Contact with inner and outer world; Kissing; Intimacy or traumatic intimacy oral sex; Communication or trauma; Regurgitating or vomiting.

TEETH = Biting; Chewing; Masticating; Grinding: Anxiety about something which cannot be spoken or dealt with; Getting a bite or hold on something; Bulldog - holding on - not letting go of something.

TONGUE = Communication, also without words; Forked tongue - Deceptions, lies; Covered or coated tongue -> illness; Silver tongued; Tongue tied - can't speak; French Kiss.

THROAT = Having a frog in the throat; Catching it in the throat; Choking; Gagging; Bulimic stick fingers in the throat to vomit; Sore throat.

THYMUS GLAND = Initiator of fight, flight or freeze; physical & emotional defence. (See adrenals.)

NOSE = Primordial instinct; Judgments; Interference in my life or in other people's lives (sticking the nose in other people's business); Breathing through the nose is stimulating the hypothalamus -> life-force, clear thinking; Smelling trouble; Cold - Having to do something I don't want to do.

EYES = Things seen or not seen; Mirrors of the soul ->; Needing glasses to protect the soul or Not wanting to see something; Sight is dependent on the tension in the muscles of the whole body; Open -> perceptive; Closed -> no info please; Looking down -> victim -> guilt, shame & humiliation; Misunderstanding about responsibility in life; Crying -> changing the mind, insights -> physically change of RNA -> toxins has to be released; Releasing

water/ emotions; Paranoia; the evil eye; Beauty is in the eye of the beholder; Seeing the world with pink/rose colored glasses - distorts the world view & compromises health by weakening the physical body; Surrounding females with pink to weaken - blue for males to strengthen.

FOREHEAD = Judging/judgments -> self-judgment; Non-judgmental/intuition -> wisdom; Inner vision; Insight; Intuition; Headaches,; Tensions; Bad thoughts; Negative thoughts; Evil thoughts; Diminishing thoughts.

SKIN = Self-identity & self-image; Membrane of absorption; Osmosis; Container - all encompassing; Superficial touch; Irritation - Being rubbed the wrong way; Who or what gets under your skin?; Touch of pain or pleasure; Goose pimples - strong emotional reaction -> excitement; Freckles; Liver spots; Physical, Mental, Emotional or Spiritual Contraction - from cold -> death.

HAIR = When thick - mental aspect is overruling; When thin - spiritual aspect is overruling; Up to rejection of the physical body; Hair analysis to determine healthy or unhealthy physical, mental or emotional balance or imbalance; Antenna to the subtler dimensions; Hair raising experience; Frustration - Fear -Pulling out my hair.

