

**OLGA GOUNI**

## **PRENATAL CONT(R)ACTS FOR A LIFETIME**

**“Each one of us is not only the synthesis of the genetic coding of our parents!**

Each one of us is also the synthesis of the charged mental and emotional patterns that our parents experience during the nine months of pregnancy.

I am the synthesis of their emotional DNA© (E-DNA©)”

*Jon RG and Troya GN Turner:* Conception is the precious moment when life strikes the keynote - the initial tone that is to define the part of the orchestral piece to be played by the human being to emerge. Pregnancy is the time when this musical theme is to be developed – hopefully expressing as in another Mozart or Vivaldi classical piece. Birth opens up the doors of the concert hall to invite life to attend and share its blessings through another human existence in the evolutionary path of life. A composer reaches the maximum of his talent when he acts with inspiration, ultimate devotion and concentration in his work. For him, musical notes are body and flesh ebbing together and flowing apart, dancing in joy or mourning in loss, building up, preserving or demolishing for a new start. So prenatal life is irrelevant of it being a welcome natural conception, an unwanted, a traumatic event or an imposed IVF one, prenatal experience determines who I am. Brain researchers can now confirm what many of us, prebirth psychologists and psychotherapists, have long met in our practices: Emotional memories are encoded and ingrained in my baby brain's circuitry. The very first moment I come into contact with an experience in mother's consciousness, no matter whether it is a positive, enhancing one which felt pleasurable or a negative diminishing one which felt fearful, in my developing emotional body I act accordingly after birth. The nature of the **contact** becomes a **contract** that is to be played again and again until altered. I may be able to suppress emotional memories, sometimes for years; but they are always there, stored away and waiting for the right trigger to launch them into my consciousness once again. It is from those non-conscious prebirth memories that I act without control to express my innate, archetypal **contract**.

### **PART 1: THE CONTACT**

A lot of wisdom is unfolded in front of my mind's eyes when I attempt to decipher the meaning of a word. Let me try to do the same with the word **contact** or as the Greek “*epafi*”.

According to the Greek Dictionary of Dimitrakos “**contact**” or “*epafi*” is

- 1. touch, the effort to recognize the identity of a person by touch, but, also contact is the mental activity that leads to the recognition of who or what it is touching.**

### **When does **contact** – in a prebirth context - take place?**

From my therapy practice in Prebirth Psychology, **contact** begins before conception as Thomas Verny postulates in the minds and hearts of my parents.

After conception, **contact** is innately established by my consciousness having been energetically attracted to my mother's consciousness because of her charged feelings and thoughts. The little body she is growing for me is growing, developing, practicing and rehearsing, so that it can be prepared to fulfill my **contract** after birth. Simultaneously, in symbiosis with mother's consciousness, my mind and emotions are growing, developing, practicing and rehearsing, so that when they enter the little body at birth I am poised to activate the **contract** at the appropriate moment.

Sometimes, it is as early as my own early childhood, when in those early performances, I play the mother/father role pretending to be the parent of my own future child.

And later, when as a young adult, I first conceive the idea of becoming the parent of my own child in my own family.

However, in those early or later stages of my evolution, the emphasis is placed on my desired and often unmet needs and how this child will satisfy my desires and needs.

In my children's games, I repeat the kind of maternity or general parenthood I have been exposed to and I treat my dolls, or beings I pretend are my offspring, in the same way I had been treated by my own parents.

Then, as an adult, I expect my children to fill the gaps in my life; help me save my faltering relationships; save face in society; survive; make merry; keep me company in my deep loneliness; make me feel important; assuage my fear of agony of death and act as my life elixir; help me find a meaning in life; project on my children my own dreams and unsatisfied needs unfilled.

Thus, the **contact** – on my part as parent - is not just a mental or spiritual activity that leads to the recognition of who my child is, but a mental projection of what I need or want my child to be.

In this distorted **contact**, where I fail to recognize the identity of who my child is, I live in an illusion that my child is who my child is not. If such is the case, no faithful union can take place.

I could say that the first encounter/**contact** is done in the sphere of the unseen, yet the sphere of matter, since mental activity is still subtle matter, able to create – even forecast an innate outcome.

When the unborn child's body is big enough to be felt in the mother's womb, the physical contact can help mother more easily to recognize the existence of new life in her life. Some pregnant women however, can sometimes have difficulty to understand that there is a miracle going on both physically and in other dimensions such as emotionally, mentally & spiritually.

Then, at birth, the baby comes. And, another encounter – body and flesh this time - helps mother face the reality that a child is here. However, based on the misconception of doctors, a mother may not realize that her new born can feel or can think until the baby matures enough to become a child or a grown-up. All mother has to do is to look deeply into the eyes of her baby and that misconception will be erased.

Part 2: Contact is also the connection, the relationship between two persons or things.

In the case of parents and child, **contact** is the connection, the relationship between the parent (mother/father) and the child.

Does this mean that there is common ground between the two parties?

Does this mean that the child is the image of the parents?

Does this mean that if the parent does not face her or his conscious or non-conscious unbalanced issue the child will carry the same issue to balance?

Biology and genetics have shown the physical connection between my genes and my parent's genes.

In the conflict between nature and nurture, Bruce Lipton is the synthesizer –

I am at the affect of both nature and nurture. Modern biology has also shown the importance of the environment on the activation of specific genes.

Nijhout (1990) said, "Environmental signals control the switching on and off of genes". And, Thaler (1994) said "Organisms under stress are able to actively alter their DNA and create new genes in an effort to accommodate environmental challenges".

Prof. Grigori Brekhman, in his wave theory, has shown that conception is a multiple-level coordinated action between mother and the unborn. He has also shown how this communication takes place on a multiple level during pregnancy.

As Jon RG & Troya GN Turner say:

*Symbiosis begins before conception, when my consciousness is energetically attracted to my mother's consciousness because*

*she and/or my father are feeling the same feelings I was feeling on an energy level. My emotional/mental matriculation takes place in mother's emotional/mental bodies during the 9 months gestation when my consciousness having been energetically attracted to my mother's consciousness, and I am unable to discern my feelings separate from my mother's feelings. Regarding emotional encoding, speaking in the 1<sup>st</sup> person, as my mind and emotions are residing in mother's mind and emotions, my mind and emotions are being educated by mother's charged thoughts and charged feelings and reactions. This is where and how, I and every human being begins life in symbiosis with Mother.*

When a pregnant woman experiences an event, she can be reacting in a positive, enhancing way (joy, calmness, satisfaction, pleasure, security etc.) or she can be reacting in a negative, diminishing way with depression, fear, terror and panic. On the physical level, enhancing emotions can trigger massive rushes of either endorphins of pleasure or trauma can trigger adrenalin and noradrenalin hormones in her blood which are then passed from her body through the placenta to the little body she is growing for her baby. If the messages are endorphin-based hormones, then baby can continue her or his constructive, creative work. If the messages are catecholamine-based hormones because of mother's trauma, baby gets disturbed. As Verny says "The baby stops the creative and goes to the defensive mode." and as the Turners explain: "I, the baby, am born with mother's hypnotic trauma trance, non-conscious belief that these events are still happening as well as with the hormonal saturation which causes the accompanying specific sensation throughout my life".

Thus, my **contact** becomes a **contract** activated and re-activated again and again in my life and which structure the innate core source of my pathological feelings which may then be reinforced by later events.

Frank Lake, William Emerson and other prenatal pioneers have clearly shown that shocks or deep traumas in the 1<sup>st</sup> trimester can be responsible for the psychoses that torture people in later life, while 3<sup>rd</sup> trimester traumatic events can be blamed for most 'normal' neuroses.

The sequence is that every time, through my mother's charged emotions and charged thoughts, my environment generates a threatening message, I, the unborn child, although I may be unaware of the scenarios that cause the specific maternal response, am well aware of the physiological consequences and sensations of this response. At that moment, I interrupt the creative work I do and the positive feelings as well as the positive ideas I have of myself. Plus, all the positive conclusions I have had so far in my life all come to an end and my threatened existence will do its best to survive.

At the same time, the way I think of myself gets replaced by sabotaging self-judgments and diminishing decisions. My perception of the world as a safe place changes into images of a threatening place to be, a place I need to do something to protect myself or the ones I care about. As a result, I either become armored and adopt a defensive stand (usually by becoming offensive myself) or as is in cases of deep rejection, I make a diminishing decision against myself, boycotting and sabotaging my own existence in every possible way.

Other times, I turn into a prenatal therapist making decisions to support my parents so that they can survive or be emotionally happy - so that I, their child, can share in their peace.

If the situation is one of rejection of my sex or failure to recognize and respect my identity, my despair can lead me to forget who I am and I am condemned to follow the lifestyle dictated by my parent (dissociation).

All these decisions made at that moment shape my future and constitute the quality of life I will lead. The more positive, enhanced and respectful such **contract** is, the more positive, enhanced and balanced **contracts** will be energetically synchronized.

At the moment of birth, when the first contact takes place on the physical plane through eye-to-eye contact – as Michel Odent mentions - there is another **contract** agreed that is to last for a lifetime – or when unbalanced, may lead to dysfunctional contacts throughout my life. This perinatal **contract** becomes the **contract** that is to dominate all relationships with people, business associates, friends, or intimate partners.

The first days/months, if mother and baby are together, contact and contract are OK. But, if they are separated - as it usually happens, e.g. newborns are kept in separate rooms, neonates may need emergency medical care or mother returns to work too early, then, the disturbance of **contract** may lead to a **contract** of loneliness that can last a lifetime.

3. Contact also bears another important meaning: that of reproach or punishment as well as overestimation.

Would it be too risky if I thought of the many unfortunate cases when unwelcome conceptions or pregnancies take place during which the child and the mother join together in an environment of total or partial rejection or even an environment of ambivalence which ends up to a very poor quality of life, a punishment for all involved.

Fairytale images of inferno, of evil witches and evil stepmothers, of hot ovens ready to roast Hansel and Gretel and so on remind us of the instances of such **contracts** being equal to punishment.

As for the **overestimation** – which is also another term that implies imbalance - either it comes from the parent projecting the satisfaction of his need onto me the child or comes from me the impotent child overvaluing the power of my parent ending up with a lifetime that has lost harmony. I become either a prenatal therapist or ‘the hero’ as C.G. Jung has described me or the impotent cripple. Joseph Campbell wrote *The Hero With A Thousand Faces* - the discovery of comparative mythology. Do my Prebirth **contracts** become my lifetime **contracts** realities or are they myths?

## **PART 2: THE CONTRACT**

The second term used in this paper refers to the **contract**. Again, according to the same dictionary, a contract bears a number of interesting meanings:

1. **Contract** is the symbol, proof, witness, indicative symptom. It is common knowledge, today, that claustrophobia is an indicative symptom of a perinatal trauma, when the baby gets stuck in the birthing canal longer than the mother can handle.
2. **Contract** is also an oral or written recognition of a loan or debt. A **contract** is communication or relationship.

Every time I experience a positive or negative **contract** with myself, I prove what I believe I am.

When the contract is with others, I fulfill its content in any of these or all the following ways:

POSITIVE WAYS	NEGATIVE WAYS
Fulfilling our destiny	Losing ourselves
Bringing balance to life	Exhausting ourselves
Creating	Even destroying ourselves
Developing	Being who they want us to be
Enhancing life	Protecting or saving others
True to myself	Obeying their wishes

When the **contract** is with the world, it may be a positive or enhancing contract e.g. the world is a safe and empowering place to be. I can be creative and enjoy life. Or, if I believe the world is a negative or diminishing environment e.g. the world is a threatening place to be. I spend all my life defending myself against the bad, diminishing, some may even say evil world and I may die before I live. Such **contracts** last for a lifetime unless changed or healed. **The blessing is that Prebirth Psychology is a tool for such healing.**

But, let's look at some of the case histories people have shared:

**Dina's Contract:** When Dina was conceived, her mother felt very unhappy. She didn't want to get married and have children. She was obliged to get married because her life conditions were so difficult. She was very poor and she already had a child. When pregnant for a second time (with Dina) her mother couldn't handle it. Being poor, unhappy and so exhausted; having already raised her younger child; and having to work to survive all the way through her pregnancy; no hospital to go to if needed; she thought of Dina-baby as a problem and wished for this child to die because she was nothing but an overwhelming problem.

**Dina's Contract:** Dina suffers from depression. 'I reject myself; I was born unworthy; people feel disgust when they meet me; they hate me; they use me. I have experienced indifference and lack of care; I have experienced severe beatings; and, from my birth on, I live in curses and hatred. I feel rejection; I feel hatred; I feel so miserable; my body shrinks; I suffer; I feel lonely; I think that I'll die; I am so much afraid; there is always an invisible threat to my life.'

**Gina's Contract:** My mother wants to have a baby. She thinks I am very ugly. (How ugly can a newborn be, I wonder?)

**Gina's Contract:** Gina can't get pregnant. 'My mum does not hug me; she doesn't feed me when I am hungry; she doesn't change my diaper. Mum is very tired. Dad never helps. I feel ugly, empty of love, lonely. I will try to find all I miss from other people; I have always felt my body is awful; I try to hide my ugliness because if they see that I am ugly they won't want me. If they don't like me, then I will be alone and being alone is what scares me. If I let people come close, they hurt me. So, I keep them at a distance; I change to fit to what the other wants me to be; I don't like it; I don't want to believe that it happened; I wish I could stop being so angry; I wish I could stop causing that pain to myself!'

**Elena's Contract:** 'During pregnancy, mum wished for a boy child to please her husband. I don't like it. It's unfair. Why should she want a boy?

**Elena's Contract:** : "I will prove to her that I am better than a boy. I will assert. I will demand". 'I don't want to be in this mother's consciousness. But I will stay. And I will be strong. Because, how can I otherwise prove that I am better?

When I am born, there is such disappointment that I am a girl. I'll get revenge. I will show everybody that I am better than a man. And, I have done it! I am better than many men I know. I will fight for this. Nobody will offer this success. I'll use my power.'

Elena suffers from hypertension. In her late fifties, she has earned a place in the academic world; many successful published books and high blood pressure.

**Maria's Contact:** During gestation, I felt hungry. Something stopped food from flowing to me. I could see food coming, then it sort of diluted. There was something filthy and ill-smelling. It is not food. It is poison. It is anger. Mum is angry at dad. All this is heavy and difficult. Mum has realized that she will be alone and unsupported in her experience as a parent. She needed more love and affection from father. Father looked at all this as a simple process. Mum feels deserted and unsupported. Many, many siblings of mine have died because of this. I am the only one who survived. Every time, it happened, I said: 'Be strong, my brother, please.' And I begged for them to stand. And every time they perished,

**Maria's Contract:** I died, too. I cancelled my existence. I didn't exist. It is so difficult to exist in life because I need to try hard to sustain life and I need to try even harder to earn some joy in life.

Maria is the only child, conceived after medical support. She has serious sexual difficulties as she has practiced so hard to block all entrances to the inside of her body to protect herself from poison invading her.

### **Joan's Contact:**

At the moment of conception, Joan's father – a young man at the time, had lost his father at age 16. He was the sole support for his mother and a younger brother and sisters. In his effort to protect himself from misunderstandings and social criticism and to guarantee that the family barbershop – once run by the father - would continue to provide for all the family, he had adopted a very serious persona.

**Joan's Contract:** As a little girl, Joan used to tease her father and do hairdos. As an older kid, she always followed him in the fields or on bike rides. As a young lady, she would always support him when mother complained. As a young adult, she would never say 'No!' to him and his decisions. Joan could sense her father's sorrow and deep loneliness and promised to do whatever she could to cheer him up or protect him from being sad. A **contract** that she honored all her life up to now.

### **HOW CAN I HELP? Prevention is better than Cure**

It is time all and each one of us took responsibility through Prenatal Psychology.

If I join forces, a lot can happen.

A Mother and will be mother can make the decision

- to offer her body and all she is and has so that a new soul can enter the world, when she is ready to be a mother
- to cleanse her motivation that draws her to parenthood,
- to be responsible for her diet, her physical health, her clarity of mind and the truth of the thoughts and mental images she makes of herself, of the world and of my child,
- to release all chronic diminishing emotions and teach her child how to do the same and go on.
- to spend time communicating with her child and bonding with her or him in an effort to get to know who this child is and
- to respect this child for who they are - communicating a message of trust that she takes responsibility of all she has to deal in life.

### **The father can**

- see his share of responsibility towards new life, so that he can raise his breast to protect both pregnant mother and child from adverse environmental cues.

- become a father who welcomes the child irrelevant of their sex.
- be a father, ready to guide the child in the world for as long as it is necessary until the child becomes autonomous.

### **Family members, grandparents or so, can**

- respect the choices of the pregnant couple.
- they can empower their adult children and grandchildren by healing themselves and be supportive and non-intrusive.

### **Businessmen, can**

- design, produce and promote products and services which will enhance safety, health and creativity away from those diminishing life energy.

### **Educators can**

- start to make advantage of every day they spend with the young children and later the adults so that together they can add more healing energy to our lives and the planet.

### **Scientists, can**

- open, so that they can explore new areas.
- can motivate their existence to expand the consciousness of the world.
- co-operate with all others in an interdisciplinary effort to bring more truth, more light to the miracle of life and its dynamics.

### **Artists, can**

- start inspiring the non-artists so that they can see the unseen and expand aesthetics.

### **Politicians can**

- develop a fundamental foundation matrix which will support and empower all, the weak ones, the ones in pain and also the ones who are willing to share their virtues and expand their wisdom.
- introduce state measures to protect pregnancy and parenthood.
- advance prevention projects.
- expand educational modules that respect and honor human experience
- and advocate healing procedures which will facilitate the whole process.

### **Governors can**

- become a welcome way shower to guide citizens with a wise mind holding their hand in a tender, full of love way.

### **How can this happen?**

To be able to follow the above mentioned and open my defenses so I can stay centered and contribute positive environmental cues in the world **I need to heal my deep prenatal and perinatal traumas.**

### **That's where pre- & perinatal psychology can help.**

Expanding from the personal to the universal, as more and more of us make steps and heal ourselves, this healing energy impregnates the environment in which it appears and touches whoever is in this environment. As more and more people become awakened and remember, this can show the path for others to walk. Prevention programs, educational modules, conscious parenting and therapeutic work can do miracles. As more and more of us realize the content of the principles of welcoming, acceptance, trust, respect, empowerment, support and love, the more we

will contribute to agreeing contracts of unique harmony. **Baby steps at the beginning can make giant strides in the end.**

Exactly the way a musician can develop his theme and lead it to a triumphant crescendo, healing energy can be sent to conception, pregnancy and birth patterns accordingly, so that life can be supported and developed to its best to honor its existence and to bless human experience for all souls in process.

We can learn to approach the pregnant couple with no discrimination of any kind, look them in their soul eyes. We can join forces so that we can be present and hold hands with them as they heal their own pre-, peri- and after natal traumas; open up their consciousness and heart to welcome, respect, honor, recognize and appreciate the invaluable gift of new life as encountered in the pre-nate; looked at in the eyes of a baby at birth, seen in the acts of adults and releasing as it is present in the last breath at death.