

## Origins - This is FOR YOUR EYES ONLY

"The pre-nate (i.e., the unborn baby) is vulnerable in a number of ways that are generally unrecognized and unarticulated. Most people think or assume that pre-nates are unaware, and seldom attribute to them the status of being human. I recall a recent train trip, where an expectant mother sat in a smoking car filled with boisterous and noisy people. I asked her whether she had any concern for her unborn baby, and whether she thought the smoke or the noise would be bothersome to her unborn child. Her reply was, "Well of course not, my dear. They are not very intelligent or awake yet." Nothing could be further from the truth. Theory and research from the last 20 years indicates that prenatal experiences can be remembered, and have lifelong impact." For the rest of the article go to the website Birth Psychology: The Vulnerable Prenate [www.birthpsychology.com](http://www.birthpsychology.com)

Dr. William R. Emerson, Pre-and-Peri-Natal Specialist

And, if you are curious to learn more a good current resource is "Origins: How the Nine Months Before Birth Shape the Rest of Our Lives" by Annie Murphy Paul. Paul, a scientific journalist chronicles her pregnancy, month by month, with the latest findings about how we are shaped before birth.

**Pre-conception:** describe what was happening with your parents at the time you were conceived? Mother's age, life choices at that time ( school, working...etc) and Father's. What were they doing? Were they married? Ready to get married? Married to other people? (ps: even if you don't KNOW...you might have heard stories or have hunches/intuition that can inform you)

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**What was the reaction of your parents** when they learned they were pregnant? Were they excited? Not happy? Too many kids? Wanting a girl/boy? Strong pressures from the extended family about you? (You are too young, not.....???)

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**What do you know about your birth?** Long labor? Breech? C-section? Cord issues? Blue baby? 'Wet' baby? Difficult delivery? Short? And how were you welcomed into the world? Or not?

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**What about your early childhood?** Anything stand out as important to you? Family patterns that were dysfunctional? Did you have unmet needs?

**What were some of your beliefs about yourself** (notice what resonates with you: you do not have to KNOW...just wonder and be curious and notice if you still have the belief now, as an adult?)

I have support and love  
I am safe  
I can count on others  
I am perfect the way I am?  
I can make mistakes  
I am not alone

OR    there is something wrong with me  
I am not safe  
I have to do everything myself  
I want to go back to....  
(for some this might be heaven,  
for some a longing for a place  
that is known deep in the body/soul)

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And for yourself, **how have you been impacted in our groups** by what you wrote above: beliefs, experiences, birth, family dynamics?

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