

Finding Freedom From Birth Trauma

Week 1 Workbook KEY

with
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Where did we start getting our Perceptions? in utero

The foetus responds to the environment – which is the Mother

The environment is relevant in controlling genes
and Behaviour

This occurs through the placenta –

The genes are in fact responding to the environmental
situations

Is nutrition the only thing that's carried in the mother's blood?

No -In the mother's blood are chemicals that relate to emotion

-Molecules that relate to control and regulation of hormones
(which affects the physiology of the child)

There is a direct connection to the mother's perception of the experiences of her world and the experiences and perceptions that are downloaded into the foetus.

This pre-knowledge of the world occurs before the baby enters the real world – the Mother is nature's head start program

The Father forms a dynamic duo, it is the relationship between the mother and the father that is important as that information is really what's shared with the foetus.

We are not born a blank slate, we are already born with programs established for us.

The interesting thing is – the mother's perception of the environment influences the development and behaviour of the foetus, even before its born.

In fact it can profoundly change the physiological
character of the foetus for this reason.

Consider the possibility that the mother is under stress – the stress hormones that are going through the mother's biology and affecting

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her physiology cross the placenta and have the same impact on the child.

Blood carries nourishment

The more blood a tissue gets, the more it will develop – it's directly proportional.

Woman carrying child – stressful environment

1. stress hormones cause her visceral blood vessels to constrict and force the blood to the periphery

2 – the blood vessels in the forebrain constrict and push the blood to the hind brain to activate reflex behaviour fight flight

Foetus ? – crossing the placenta are the same stress hormones, and in this foetus the blood is also being directed to the same places as they were in the mother.

In the foetus the blood is now running to the arms and legs – the more blood the arms and legs have the bigger they get.

So – the foetus gets a larger physical body

The blood flow in the brain is not equally distributed – the blood is restricted in the forebrain and enhanced in the hindbrain, which means in the developing foetus the hind brain is getting bigger and bigger but at what expense?

The forebrain is not growing as well.

Hind brain is reflective

Forebrain is consciousness and logical

What is the consequence on this foetus whose mother is experiencing a stressful world?

When this foetus is born it may have an extra large body in regards to arms and legs, its visceral organs are not going to be as fully developed as it should be and its hind brain is going to have tremendous reflex capability to operate that large body but its forebrain is going to be significantly smaller.

Up to 52% of a child's intelligence is based on the development of its forebrain This becomes a variable based on the conditions that occur in pre – natal development.

The mother's attitudes can profoundly change the physiology and biology of her child as well as any pattern that is repeated will be learned by foetus.

When the baby is born it comes with a template of the Mother's responses to the environment

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PARENTS ACT AS GENETIC ENGINEERS

The child is not determined just by the genes it receives, it is greatly influenced by the environment in which it develops. Perception applies to the foetus as much as it applies to the Mother.

Even the stresses of the birthing process are downloaded into the subconscious memory and throughout life patterns of the stressful birthing process can repeat themselves in the adult life. Interfering with our lives maybe 40 years down the road.

The foetus is in a continuous state of learning through pregnancy and onwards, especially mid way through pregnancy on, the foetus downloads perceptions of the world we live in.

As we were developing the foetus responds to the environment

Once we are born we start to acquire perceptions very rapidly – because the foetal brain when it matures into the baby's brain after birth is designed to respond to the environment in a different way to an adult brain.

Adult – complete range of activity

Baby – its not capable of expressing the range of activities that an adult does.

Age 1-2 Delta Brainwaves – in an adult this is associated with unconscious brainwaves of sleeping

The baby is easily taking information in, but not able to respond

Age 2- 6 or 7 – predominately Theta – state of imagination and creation

When adults are in this state – its known as Twilight Reverie – activity of the brain just as we are coming awake or going to sleep. The individual can mix the real world with the dream / fantasy world

Thus riding a toy horse – is a real horse to a child

Age 7 – Alpha

Consciousness

Age 12 – Beta Activity – focused school room kind of consciousness

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For the first 6yrs – low levels of EEG activity – a child is in a ___hypnotic___ trance for the first 6 years of its life

Baby – age 6 ___ Super-learners ___ downloading what it hears, sees, smells, tastes, feels – its perceptions of the world are downloaded

Young Boy -focuses on the father and how he behaves
-how his father relates to his mother
- and how she relates to his father

This child is being ___programmed___

Young Girl – focuses on the Mother and how she responds to her world (and the Father).

A child in the first 6 years is learning all of the nuances of life

This enables us to fit into the society to which we are born – we download all the ___'rules'___ without even being consciously aware of them.

We are ___hypnotised___ by the world
e.g. spider

We acquire our ability to respond to the world, not from our own personal experiences but by downloading the experiences of others around us – we take on others experiences and create perceptions from this.

I acknowledge that this is based on the work of Dr Bruce Lipton