

# Conception: A Vital Link to Relationships in Prenatal Psychology

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**Abstract:** At the 10th Heidelberg Congress of the International Society of Prenatal and Perinatal Psychology and Medicine in April 1997, for the first time, the Turners presented an invitational workshop on 27 years of research on the psychological impact of conception on emotional and social development. One of the most important Life's Streams<sup>®</sup> patterns we inherit is relationships. In this dynamic presentation, the Turners share their discovery that conception holds one of the most significant keys in our ability to create and destroy or to create and sustain relationships throughout life. We begin this life before conception in the physical, mental and emotional ecology of our parents. Their health and balance of body, mind, but very importantly their emotions, come together to create our physical, mental and emotional selves. Gestation is the first and most vital environment we will ever have. The Turners will discuss this womb-time, the formation of the Emotional DNA; it's influence and the possibilities to change these innate inherited patterns.

**Zusammenfassung:** *Die grundlegende Verbindung zwischen Konzeption und Beziehungen in der Pränatalen Psychologie.* Auf der 10. Heidelberger Arbeitstagung der ISPPM im April 1997 stellten Jon Turner und Troya Turner zum ersten Mal ihre nunmehr 27jährige Forschung über die psychologische Bedeutung der Konzeption auf die emotionale und soziale Entwicklung in einem Workshop dar. Eines der bedeutendsten Grundelemente unseres Lebens sind Beziehungen. In diesem Beitrag vermitteln Jon und Troya Turner ihre Entdeckung, daß die Konzeption lebenslang einer der entscheidenden Schlüssel in unserer Fähigkeit, Beziehungen zu schaffen und zu zerstören oder zu schaffen und aufrecht zu erhalten ist. Wir beginnen dieses Leben vor der Konzeption in der körperlichen, geisti-

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gen und gefühlsmäßigen Umwelt unserer Eltern. Ihre Gesundheit und körperliche und seelische Ausgeglichenheit, wobei die Gefühle eine besondere Bedeutung haben, spielen bei der Entstehung unseres körperlichen, geistigen und gefühlsmäßigen Selbstes zusammen. Die Schwangerschaft ist unsere erste und vital bedeutsamste Umwelt, die wir jemals haben. Jon und Troya Turner diskutieren die Zeit im Mutterleib mit ihren gefühlsmäßigen Grundprägungen, die sie als „emotionale DNA“ bezeichnen. Es geht um die lebensgeschichtliche Auswirkung und die Änderungsmöglichkeiten dieser Grundmuster.

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### **Why Can Some People Create Relationships and Continuously Destroy Them while Other People Create Relationships which Last a Lifetime?**

We suggest that the answer to this question can be found in a hypothetical model which traces the source of these patterns. It explores metaphorically the emotional feelings of the sperm and the egg just before and at the moment of conception. We will share this with you in a few minutes.

But first, please allow us to explore the first question: Why can some people create relationships and continuously destroy them while other people create relationships which last a lifetime? What this question is asking us to focus on, is one of the most painful experiences which human beings can experience; losing relationships. I, as have most of you, had experiences in which, for whatever reason, a relationship breaks apart. Some people keep creating relationships and destroying relationships, creating relationships and destroying relationship, creating relationships and destroying relationship, creating relationships and destroying relationship, for example, four times a year like the four seasons. And, on the other hand, I can have close relationships with friends I have known since childhood, school or university. There are couples who have celebrated forty or fifty or more years of marriage. What is it that makes such a profound difference in people's lives?

At first glance, it could be hypothesised that what makes the loss of a relationship so painful, is that it triggers memories of the trauma of birth, as it has come to be called. The theme that birth is traumatic was brought up in the pioneering work of Otto Rank back in the 1920s. After the birth of the Transpersonal Movement of the 1960's in the USA, The recovery of memories of baby fighting to get out of the womb became a significant factor. In our research of almost thirty years, with tens of thousands of people, we have concluded that unless there is a medical crisis the birth itself is not so traumatic. But, being separated from mother after birth is the truly traumatising event at the beginning of life. So it can be, that it is the replication of the separation from mother which keeps being repeated in the emotional devastation at loss of relationships. In a few minutes we will explain why and how this works.

Before continuing, let us look at a second question: Why am I gripped by discomfort, insecurity, fear and even terror or panic in repeated failures in personal relationships when I truly want happiness and success in warm, loving, caring and nurturing relationships?

One of the most important life patterns – we call them Life’s Streams® – through which I am able to grow, develop, mature and evolve is relationships – personal and business. Why? Because life is about change and my relationships mirror to me those qualities or personality traits or characteristics or behaviours, which I most need to change during my life. And how do I know what those qualities I most need to change are? I know by how my attitudes, actions or behaviours make me and how those with whom I am in relationship feel and than react or respond towards me.

The #1 Whole-Self principle says:

*I cannot change something in my life till I know precisely what needs to be changed.*

In the next few minutes we will invite you to experience and understand precisely where these patterns come from. I say this now in the first person. Once I know where the patterns come from and know precisely what needs to be changed. I can change my pattern of creating relationships and destroying them into creating relationships and sustaining them in my life.

### **The Whole-Self Method**

Science has proven that I am the synthesis of the genetic coding of my parent’s DNA. My Prebirth Analysis Matrix (or PAM) is a questionnaire of 22 sets of questions. It helps me to discover that am also the synthesis of their charged mental, psychological and what we call the Emotional DNA (EDNA). The Whole-Self PAM offers me a precise method into what may be the most meaningful exploration into self-understanding I can make. Through the Whole-Self PAM, I am able to discover the specific sources and change painful, repetitive, uncomfortable, non-productive, self-defeating and self-sabotaging patterns in work, career, creativity, personal and business relationships.

The discovery we all can make now is very simple. It is simple because on a non-conscious level we all know the information. This exercise is what constitutes a transpersonal psychology exercise – that is beyond known, conscious awareness. We will not be asking your personality nor your memory any questions. We will be asking your Whole-Self, the totality of yourself which knows everything you have ever experienced, to let you receive consciously the answer to several questions. While it is helpful to close your eyes to get the information you may then want to write down the words you hear, or even more so, feel.

Eyes closed please. Here is a visualisation: Please imagine now, as that one single sperm of your father, enters into your mother’s egg and one single cell is produced. This is called the moment or instant of conception!

9a) Specific question #9a:

Please allow your Whole-Self to let you experience the feelings of this moment of conception. (Write “Conception” followed by the thoughts or feelings you are having.)

You may have correctly answered this question;

- from the general point of view,
- from the point of view of father’s single sperm,
- or from the point of view of mother’s egg.

The next specific question #9b has two parts:

9b) Let us go back to just before the moment of conception and please allow your Whole-Self to let you experience the emotional feelings of your father's single sperm just before the moment of conception . . . (Pause)

Now, as you feel those feelings, please allow your Whole-Self to let you experience what happens to those emotional feelings of father's sperm at the moment of conception. (Write "Sperm's Conception" followed by the thoughts or feelings you are having.)

The next specific question has two parts.

9c) Specific question #9c:

Please allow your Whole-Self to let you experience the emotional feelings of your mother's egg just before the moment of conception . . . (Pause)

And now as you feel those feelings, please allow your Whole-Self to let you experience what happens to the emotional feelings of mother's egg at the instant of conception. (Write "Egg's conception" followed by any thoughts or feelings you are having.)

Question 9a) deals with the instant of conception. It reveals the great lesson of human existence. It helps me to discover my non-conscious belief of what will happen to me if I surrender into a relationship. It deals with my willingness or non-willingness to surrender into a committed relationship. This can be in a marriage, partnership or business.

### **Complete or Incomplete Conception**

Incorporating the Taoist concept of the male (yang) and female (yin) aspect – the sperm represents my male aspect; the egg represents my female aspect. Conception obviously takes place on a physical level. In 9b) and 9c) I was not asked what the next feeling was for the sperm or egg at the moment of conception. But, the question asked how their feelings shifted at the moment of conception. There are two reasons for this – and this is the core of the hypothesis we are experiencing at this moment. It has to do with the completeness or incompleteness of the conception on a psycho-spiritual level.

Firstly, I need to discover if my conception is complete or incomplete. My conception is complete if there is no next feeling for the sperm or the egg. My conception is incomplete if either or both the sperm or egg have a distinct feeling after the conception.

For a balanced relationship to happen – psycho-spiritual conception to be complete – there must be a surrender, a joining of the male and female polarities as represented by the sperm and egg. Both the egg and sperm must surrender into each other so that neither any longer individually exists. Their combined energy fields create a synergy – an energy greater than the sum of their two individual parts – a new life.

As already mentioned, conception obviously takes place on a physical level. But, on a psycho-spiritual level it does not. I psychologically live in a reality in which my male and female aspects still exist and are not transformed into a higher consciousness – a new life – a new merged and integrated self – me! In the ex-

ercise I just experienced, I could have had an answer from a general point of view which could have been enhancing – uplifting. But, if my egg's or my sperm's non-conscious point of view is that either would be overwhelmed, cease to exist, disintegrate, die or be destroyed this would be the message my personality would react against. One of the basic functions of my personality is to keep me from feeling pain. So, my personality will express through my behaviour to guarantee that committed relationships could not succeed. My personality would do this in order for a part of me, my male or female aspect, or both, to avoid pain and in order survive.

These terrors of destruction, of possible annihilation are realities. But the truth is found by asking two questions:

‘What will happen to the egg if she does not surrender into the relationship?’

Answer: She will die!

‘What will happen to the sperm if he does not surrender into the relationship?’

Answer: He will die!

### **The Great Paradox of Life**

is that, if because of their metaphorical fear of annihilation, the egg or the sperm do not physically merge into a higher state of consciousness, both will die – cease to exist. The only way for the sperm and egg to survive, is to surrender into each other. If either is incapable of surrendering and merging and synergizing into each other on a psycho-spiritual level, this disparity will impel or compel my personality to act in ways which will cause the relationship to die – the very end the sperm or egg may be feeling and fearing.

If there is dysfunction in any relationship, not just a marriage, it can be because the synergy, which is supposed to have occurred at the moment of conception, did not.

*Case 1:* Let us illustrate our point with a 34 year old woman presenting a difficult pattern in relationships:

“It is difficult to describe the feelings of the conception. First, I am unhappy to unite. Second, there is something to do with pain.”

So her non-conscious belief is that if she unites with a man she will be unhappy and that she will experience pain. Her sperm's feelings before conception are not feelings. She says,

“Just before conception he thinks it will be a disappointment and after conception it is a disappointment!”

By saying “he thinks” she indicates that her male aspect is very much in his mind. We might say trapped in his mental body. So her male aspect already believes that any relationship will be a disappointment and it is, and that it will create pain and it does. And as long as she holds on to these two beliefs any relationship will be a disappointment and will cause her pain.

“My egg feels impotent and powerless before the conception. I am without strength. I can't do anything. This (conception) is what I do not want. Then, I slip into submission.”

So, even contemplating the possibility of a relationship from her female aspect makes her impotent, powerless and unable to do anything. All patterns her

mind does not want. And, at conception, she becomes submissive, which non-consciously she believes, will happen to her if she submits to a relationship.

*Case 2:* Here is a 40-year-old woman who cannot trust men:

“The conception is a surrendering into a negative form – VICTIM. It is passivity brought on by resignation!”

No wonder she cannot trust men. Her non-conscious belief is that if she surrenders into a relationship she will become a victim – resigned to being a victim.

“Before the conception the egg is feeling resistance which becomes victimness through resignation.”

Here we have a pattern of resistance because the female aspect believes that if she surrenders into a relationship she will become a victim and will not have the power or strength to overcome her victim state.

“My sperm is like a car. He screeches to a halt! UGH! His heart goes back! FEAR!!! At the conception his heart becomes more calm. It is complete but exhausted.”

Her male aspect non-consciously believes his life will come to a screeching halt. At the conception, he becomes more calm but his life force feels exhausted. Combined with the other 21 sets of questions in the Prebirth Analysis Matrix there is a complete picture to support her belief that she cannot trust men.

*Case 3:* Very briefly, we will share the case of a 45-year-old woman who fears betrayal:

“I have a yearning to have children – to give them unconditional love! I get caught up making a living. But, I could give to children and a husband. I have a fear of going to sleep. My jaw is tense when I waken. I feel like there is a cloud floating over me. I wait for men to betray me. Before the conception the sperm knows he’ll be the one even though others are more vigorous. He has to make a last effort. A lot more effort will have to be made ‘alone’. At conception he feels relief. The egg is feeling an inevitability. No matter what effort she musters she knows she will be betrayed.

What can be done if one partner, based on an incomplete conception, wants to move into synergy and the other will not or cannot surrender? Either there is no relationship because the dominant aspect will control. Or if there is a relationship one or both parties in the relationship may be suffering until they separate or both are finally able to flow into a synergy.

*Case 4:* A 35 year old man who felt bound to his mother (symbiosis) complained that he could not find a satisfying life in relationships. They were always of short duration because he could not get what he wanted in them. He liked his job and his friends but not a relationship.

“At the conception, first there was a great explosion. Chaos! Everything is changing to a new creation – me! I feel a bit insecure. It’s ok but unsure. Insecure – but a great moment. It’s the beginning of a new Universe!”

So, he believes that if he commits to a relationship his life will explode into chaos. Everything in his world will change and he will be out of control. All is dichotomy – he fears and he wants at the same time.

“My sperm feels like it is about to jump into cold water from a high tower. At the moment of conception it is a loss of self. It is like a drop in a big new ocean.”

The allusion of plunging into cold water from a high tower indicates his fear of danger that will happen when he is subsumed into the egg's cold emotions. He will be without any control and lose himself in her emotions. An untenable situation.

"My egg is in silence. At the conception, she is welcoming. 'Come in!' she says. She is satisfied. It's not a big feeling. It's OK."

So, his female aspect believes that she is satisfied but that it will be no big deal – nothing important – just OK. Hardly an impetus to merge into a relationship. One wonders how cold his mother is emotionally.

### **Trigger Feelings**

We mentioned that they were two reasons for discovering the metaphorical feelings of the ovum and sperm before the conception. The second is that after I discover if my conception is complete or incomplete I need to discover the trigger feelings which could destroy my relationships. These triggers are my feelings just before I lock into what my female (ovum) and/or male aspect (sperm) believes will happen to me if I surrender into a relationship. These feelings are triggers because they create behaviours. For example, do I know anyone who feels good or happy in a relationship and cuts it off? Is this action taken before the other person leaves?

### **I'll Leave You Before You Leave Me!**

It is not the memory of the pain of the trauma of having been left before which is the problem. The problem is the good or happy feeling in the superficial phase of the relationship which is the trigger to creating the behaviour to avoid what my personality has encoded as to what will happen to me when I feel good or happy. It has me cut off the relationship before the other person leaves. It does this, it believes, to help me avoid the pain of being left again. The paradox is that now I am hurting myself.

Or, how many people do I know who lived together for years and for whatever reasons decide to marry. What often happens six months after the marriage? They divorce! This happens because of the ritual of unioning or commitment. With the ritual and its accompanying good feelings, the hidden triggers – the good feelings before the previous abandonment or split in one or both parties goes off. The ritual also reminds them of the non-conscious beliefs each has as to what will happen to them if they surrender into the relationship. These two patterns, the incomplete conception and the trigger feelings signal a fight to the death – literally, a struggle for each personality to survive.

Speaking in the first person, in the earlier exercise, I may have discovered what my personality non-consciously believes will happen to me if I surrender into a relationship and I can understand why I have or have not had the ability to let down my guard and merge into a relationship. Whole-Self Marriage Counselling, with an holistic point of view before marriage or after marriage is able to help women and men come into union. The Whole-Self PAM is the key to helping both partners to discover what each believes will happen to each of them if they surrender into the relationship – to discover what non-conscious beliefs or real-

ities from their female and male aspects need to be changed. By changing the non-conscious beliefs, the relationship can begin to develop. We want to add here that when there are enhancing feelings before the conception and no feelings after the conception the conception is complete and relationships are more likely to sustain.

## Appendix

Whole-Self Psychology, Philosophy and Educational Processes offer transpersonal, gentle, loving, efficient and non-confrontational tools to help me discover and deal with my innate diminishing patterns. These are the four Whole-Self Laws of Life which many have found helpful in understanding basic patterns in their lives.

### *The Law of Opposition*

One of the main reasons for being alive is to have feelings. Then, when I experience feelings which I do not like feeling, my personality tries to deny, resist, avoid and/or suppress them. This creates a Natural Law which states:

‘Whatever I am opposed to – I have to experience’

Have I ever said I will never do that? Did I end up doing that very thing? Or, have I ever said I will never be like someone – my mother or my father? Twenty years later I look in the mirror and who is looking out at me?

### *The Law of Confirmation*

At the moment I oppose my situation and the feelings which they stimulate, I non-consciously make and confirm judgements against myself. (Not others.) Please close your eyes and, as I say these self-judgement words, see if any seem to pop out. Self-judgement words can be:

Unlovable / Unimportant / Unworthy / Worthless / Unacceptable / Unsupportable / Not Good Enough / Inferior / Inappropriate / Guilty / Bad / Wicked / Terrible / Horrible / Dirty / Disgusting / Despicable / Dumb / Stupid / Inept / Incapable / Incompetent / Inadequate / Incomplete / Insecure / Helpless / Hopeless / Powerless

Please open your eyes! Did any sound louder? Are any familiar self-judgements?

These are just some of the innate (born with) or taught or behaviourally conditioned diminishing patterns which keep me from achieving my true personal and professional relationship potentials. Even though I can say, for example, that I am Worthy or Powerful, I can still be in situations where I feel worthless or powerless. This is because:

‘Whatever I really believe about myself, I will keep proving to myself!’

(Through my life’s experiences!)

### *The Law of Decisions*

When I oppose what I am feeling and make these non-conscious judgements against myself, at the same time, I make diminishing decisions about myself, about people I believe are doing things to harm me, about my parents, any authorities,

against the world. Key words, which alert me to my diminishing decisions, are always or never or must or should. This Natural Law states:

‘My conscious and non-conscious decisions determine or create my future!’

### *The Law of Repetition*

When I oppose what I am feeling; when I make non-conscious judgements against myself; and when I make diminishing decisions against myself, The Law of Repetition simply says ‘Try it again!’. I keep repeating or ‘Trying It Again!’ and I am a victim until I stop opposing my feelings by looking for options or other possibilities. When I can see even one option in my situation, I stop reacting the way I always reacted, – since I first went into a reality trance pattern, and I respond in a different or better way to the situation. I can take as much time as I need or want to keep ‘Trying it again!’ Through Whole-Self Psychology I discover how I have repetitively lived patterns.

Whole-Self Psychology does not work with my personality, which wants me to not remember painful events, but with my Whole-Self, the totality of me that knows everything I have ever experienced and wants me to succeed. By sourcing and de-hypnotising of my repeated emotions, feelings, behaviours and patterns and releasing them, I learn to develop strategies to:

- \* Relinquish blaming others especially parents, partners or other authority figures.
- \* Recognise that life is not fate, chance or an accident.
- \* Release from the diminishing self-judgements and decision patterns.
- \* Respond rather than react to life by balancing these innate, detrimental patterns.
- \* Receive the tools and activate methods for change.
- \* Ratify full responsibility for my own life including my relationships.
- \* Rejoice that the purpose of my life is not to keep doing those patterns but to learn how to change them because:

‘I do not come into life to do what I know I can do!

I come into life to do what I know I cannot do!’

Jon RG Turner

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