Healing the Unknown Trauma: Overcoming the Conception Shock

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Summary

Our last contact with God was in the womb, at the time of conception.

~ Nandor Fodor

You’ve worked with a client for a longer time. You applied a whole array of EP methods and techniques to resolve one traumatic experience after the other. Your client’s state has improved, but a nagging insecurity, a dark cloud is hovering in the room, even a black hole. Something is deeply wrong and nothing seems to work. Sounds familiar? Then your client may be stuck in a conception shock, an unsuccessful transformation from Essence, Higher Consciousness, to life in this world of three dimensions in time.

In conception, a father, a mother and Essence meet to manifest a human being. That being comes with a body, a mind and a mission for this existence. If your parents are willing, able and ready to receive you, if their energy is flowing freely in contact their own Essence, your entrance into this world will be smooth.

However, many parents are unable to receive a child in love and joy. They are overwhelmed by human drives and needs, by painful circumstances in their environment. They suffer from trauma, fear, shame, guilt, grief, anger or rage. In such a context, conception can be a shock. In the transformation from Essence to the earth life system a part of the energy of the person-to-be is frozen in a traumatic split, locked in a black hole, disconnected from Essence and out of contact with people in the world. The Belgian psychiatrist Maarten Lietaert Peerbolte called this the 'conception shock', Nandor Fodor spoke about a conception trauma.

Many people are living with the frozen remains of a conception shock in their energy system. They feel as if they don't want to be here, as if there is no love for them in this world, as if life has no meaning, as if everything is overwhelming all the time. They don't know why, they only sense that something is missing. The conception shock leads to a trauma that keeps overwhelming thinking, emotions and body sensations. In therapy, a conception shock is difficult to identify. You often discover it only because nothing seems to work on the level you’re able to access. The usual procedures for the resolution of frozen patterns in EP modalities don’t seem to apply to this phenomenon: It cannot be accessed by activating sensory modalities because it originated when those senses were not available yet.

In the past few years I have developed a frame of reference in which this conception shock can be understood, and I also found ways to access and neutralize these limiting, even damaging energy patterns with the help of Logosynthesis. This one-day workshop contains a presentation on the conception shock with two possible techniques for processing this trauma. This day will help you to understand your own issues – as well as the issues of your clients – as possible metaphors for perinatal themes.
Program

- Logosynthesis in a nutshell
- We are Essence
- The passage from Essence to Self
- The conception shock
- Resolving the conception shock with the help of Logosynthesis
  - two methods
- Theory, exercises, demonstrations

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Objectives...

- The participant is able...
  o to describe two basic principles of Logosynthesis
  o to describe the concept of a conception shock related to
    Energy Psychology
  o to identify occasions in which a conception shock can show
    a client’s or their own issues
  o to describe the time line technique for the resolution of a
    conception shock
  o to use and practice the metaphor technique for treating a
    conception shock
Logosynthesis® in a Nutshell...

- Logosynthesis starts from the basic assumption that everything is energy
  - From there we have derived four basic principles

- Basic Principles of Logosynthesis
  1. Human beings are highly organised energy systems
  2. The energy in these fields is in free flow, it's frozen, or in between
  3. Energy either belongs to a person or it doesn't
  4. The power of words can freeze energy or get it moving
  5. Logosynthesis can restore the flow of life energy

- This sounds very abstract...

Logosynthesis® - An Experiment

Think of a person you like, or love...

- Where do you perceive that person in space?
  - Above you? - Below you?
  - In front of you?
  - At your left? - At your right?
  - How far away?

- How do you know that person is there in your space?
  - See?
  - Hear?
  - Sense?

- This perception, this representation, (what you see, hear, or sense) is a frozen energy field in your personal space
  - We need representations to create constancy, to be able to find our way in life
  - Sometimes representations have disturbing side effects

- Frozen energy fields can trigger emotions, thoughts and physical sensations
  - The representation leads to reactions

- How do you react to the presence of this person you like, or love?
  - Which emotions?
  - Which thoughts?
  - Which body sensations?
Another Experiment

Now think of another person...A person you don’t like,
• someone who is annoying, challenging you
• Where do you perceive that person in space?
  o Above you? - Below you?
  o In front of you?
  o At your left? - At your right?
  o How far away?
• How do you know that person is there in your space?
  o See?
  o Hear?
  o Sense?
• The frozen energy structure of this person will trigger different reactions from the first one
• How do you react to the presence of this person you feel challenged by?
  o Which emotions?
  o Which thoughts?
  o Which body sensations?

Subjective Units of Discomfort (SUDs)

• How distressful is the total of your physical, mental and emotional reactions to the presence of this person, on a scale...
  • 0 – – – – – – – – – – – 10?
  • Make a note!
• Now you are going to apply three sentences from Logosynthesis to move the energy to its right place, to restore the flow in the representation and in the reaction
  o You just say those sentences
Sentence 1

• I retrieve all my energy bound up in the representation of this person and move it to the right place in my Self
  • let the words do the work...

Sentence 2

• I remove all non-me energy related to the representation of this person from all of my cells, from all of my bodies and from my personal space and send it back to where it truly belongs
  • let the words do the work...

Sentence 3

• I retrieve all my energy bound up in all my reactions to the representation of this person and take it to the right place in my Self
  • let the words do the work...

Subjective units of discomfort

- How distressful is the total of your physical, mental and emotional reactions to the presence of this person now, on a scale
  • 0 – – – – – – – – 10?
  • What is the difference?

• You have used Logosynthesis in this experiment with a challenging person
• you can apply it in many more areas, also for very deep disturbances

More about the Basics of Logosynthesis

• Logosynthesis’ basic assumption: Everything is energy, generated as forms within a zero point field
  o a sea of energy, information, consciousness, creative intention, a quantum field...
• Other assumptions in Logosynthesis are derived from this basic one...
1. Human beings are well organised energy fields, manifested within the zero point field through higher consciousness, Essence
   - We interact with the Energy of other fields in the environment: other people, other complex systems
   - This interaction serves a purpose, a mission
2. Life energy vibrates between free flow and congelation
   - If all your energy is in Free flow, you’ll be enlightened
   - If all your energy is frozen, you’re dead
   - Our lives happen in between
3. Energy either belongs to a being, or it doesn't
   - A being’s energy can be split off, Fragmented in Space, dissociated
4. Words have the power to freeze energy, or to get it moving
   - many ancient traditions recognize words as a power to create, curse and heal
5. Logosynthesis can restore the free flow of life energy
   - We use specific sentences to restore the flow of free energy, step by step
   - You retrieve your own energy to your Self and remove the energy that doesn’t belong to you from your system
   - These assumptions are the starting point from which we can resolve suffering
     - And reconnect to what we really are
We are Essence

Beings beyond Space and Time

I maintain that the human mystery is incredibly demeaned by scientific reductionism, with its claim in promissory materialism to account eventually for all of the spiritual world in terms of patterns of neuronal activity.

This belief must be classed as a superstition... we have to recognize that we are spiritual beings with souls existing in a spiritual world as well as material beings with bodies and brains existing in a material world.

~ Sir John C. Eccles

All matter originates and exists only by virtue of a force which brings the particle of an atom to vibration and holds the most minute solar system of the atom together.

We must assume behind this force the existence of a conscious and intelligent mind. This mind is the matrix of all matter.

~ Max Planck

From Essence to Self

Manifesting Body & Mind in Time & Space

• Every form of human life starts with an intention of Essence:
  o A purpose, a mission, a task, a job: to explore, to learn, to do, to be
• An Intention to Live
  o Every Life begins with a decision of your Essence to manifest as a human being with a purpose on the blue planet
• From the connection with the Divine, the Source, Essence, a new Self is manifested
  o in time, in three dimensions of space
• You, as Essence, bundle this energy to live a life, to create this form for your purpose, your mission
• Now take a few minutes to reflect this transition from Essence to Self...
• Why are you here?
• To live a life you need an equipment
  o Essence itself functions beyond time and Space
• On entering the blue planet, you create a physical body, a gravity suit
  o It contains sensors for the perception of information relevant for survival: See, Hear, Touch, Smell, taste
  o It allows you to move around in 3D space
• From nothing but a field of pure consciousness, your Essence manifests this functioning body with billions of cells
• Your Essence also creates a mind, a polarity computer
  o The mind enables you to process information from the sensors in the gravity suit
  o It allows you to Decide on Priorities
• Body and mind are the instruments of the manifested Self in this life, in the service of its task, its mission, its purpose
• The transformation, from Essence with an intention, to a manifested Self on the blue planet is a complex process
  o You have to put on that gravity suit
  o You must program that polarity computer
• If this transformation succeeds, your life energy is fully available for your life task, as intended
• If the transformation doesn’t succeed, the experiment is aborted, sometimes literally
• That transition, that transformation comes with a shock
  o That’s the theme of this workshop
• Your Original Self contains the potential for the fulfilment of your mission
• In the course of your life, this potential is realised, by your Real Self
  o when you enter this world, you act upon your mission, your calling, from what you really are
• Starting with conception, parts of the energy of the Original Self are split off, if information cannot be processed
  o frozen in dissociative structures
• Your Real Self will keep on developing, all your life
  o Its energy flows freely
  o It’s guided by your mission
• Our goal in coaching, counselling and psychotherapy is to free
  the client’s energy for the Real Self
  o In the service of their mission
• When your Essence manifests as matter, you move from
  the universal consciousness of an immortal, invulnerable,
  multi-dimensional being into a state of limited awareness
  o in a world of three dimensions in time
• In this transition, you receive a physical body
  within the body of your mother
• In this transition, you also receive a mental body
  within the context of the minds of your parents
  o Their minds are embedded in the field of your extended
    family and the socioenergetic fields of the environment:
    class, gender, race
• If your parents are ready to conceive, to receive you, if they are
  in contact with their own Essence, this transition can follow
  smoothly
  o the environment of the family is a safe place
    to be, in three dimensions in time
• Then you will recognize
  this universal consciousness, especially in your mother
  o That will create a base of trust in this first relationship
• In time, your newly acquired body and mind take the stage
  o The 3D world in time offers
    an enormous challenge to take on
• You must learn to own and master your body in space and
  time, to create a coherent frame of reference to meet human
  beings in your environment
• On arrival in the 3D world, the power of your Essence
  is narrowed to the potential of the little, untrained body
  and the empty, unknowing mind
  o However, this experience of limitation is matched
    by your potential, its creativity and curiosity
• In the words of Donald Winnicott:
  *The good enough mother*
  *meets the omnipotent child*
  *and responds to it*
• If this mother is present, the child will grow up in a context of Love, bringing the Love of Essence into the world
  o this Love will be mirrored by those on the receiving end
• However...
• The parents may be unable to fully receive a child in love,
  o if they are not aware of Essence,
  o if they are overwhelmed by human drives, needs and desires, especially the mother,
  o if they don’t want to have a child yet,
  o if they don’t want to have a child anymore,
  o if there is no love between the parents at the moment of conception,
  o if there is fear, shame, guilt, grief, anger or rage
• In such a context, conception will be a shock
  o Universal Love meets the limitations of earth life, in all their intensity
• This phenomenon was first recognized by the Belgian psychiatrist Maarten Lietaert Peerbolte
  o He coined the term conception shock
• If this conception shock is too confronting, the manifesting being will turn around and try to manifest another time, in another environment
  o A Miscarriage
• If your will to enter this life is still active after conception, in spite of adverse circumstances, remains of the conception shock will be stored as frozen energy in your biofield
  o These remains will influence your perceptions and reactions, before and after birth

The Transition Conception

*Our last contact with God was within the womb at the time of conception*
~ Nandor Fodor

• After conception, your new mind was overwhelmed by the world of form
  o and it lost its immediate contact with Essence
  o In the service of reducing complexity
• Many people are living with the frozen remains of a conception shock in their energy system
  o They feel as if they don’t want to be here, as if there is no love for them in this world, as if everything is overwhelming all the time, as if life has no meaning
• They don’t know why
  o Something is missing
• It may be extremely difficult to identify a conception shock
  o You’ve resolved one trauma after the other, the situation has improved step by step, but the nagging insecurity has stayed in place
• You can expect a conception shock if you realize something is deeply wrong
  o and nothing seems to work
• To be able to address and explore a conception shock you have to learn to understand and respect its all-encompassing nature...
• In the moment of conception, the body is not present as a body yet
  o The total potential of Essence is condensed in a minimal form of life – the fertilized egg, the zygote
• There is no physical experience to refer to, there is no mind that has a name for this primordial confrontation with life on earth
• The mind is not yet able to feel differentiated emotions and think coherent thoughts
  o no language can be understood or be spoken
• Is there a way out of such a fundamental trauma?

• Can we directly address the failed transition from unity into duality?
  o something that is so big, so overwhelming that words will never manage to describe it?
• Logosynthesis offers different ways to heal the conception shock
  o In the context of a strong working alliance
Logosynthesis®

• Logosynthesis can help people to facilitate the expression of the Self throughout the life span
  o realising one’s potential
• In the exercise you have applied three sentences to resolve the frozen perception of a challenging person and to neutralise reactions to that person
  o That’s the basic procedure of Logosynthesis
• That’s how Logosynthesis helps people to resolve the energy bound in dissociative structures
  o It frees and activates your life energy, makes it accessible from your real self
• The usual procedure for the resolution of frozen structures in Logosynthesis doesn't apply to the conception shock itself
  o The perception of the shock is an all-encompassing event that cannot be split in visual, auditory, kinaesthetic/tactile, olfactory and gustatory sensory modalities

Resolving the Conception Shock with the Help of Logosynthesis

#1 Time

• One group of Logosynthesis methods is based on mapping the space-time field
  o Based on the work of Jakob Moreno, Fritz Perls, Virginia Satir, Bert Hellinger, Robert Dilts, Tad James
• Activating the space-time field and processing its frozen elements can help you and your client to restore the flow, the experience of continuity in time and space
  o step by step, literally
• You can step on a time line and go back to the moment of conception
  o and resolve the blocks around conception
# 2 Using Metaphors

- A second group of Logosynthesis interventions is based on the use of memories, fantasies and symbols as metaphors for the conception shock
- The experience of the conception shock can barely be addressed directly, because the transition from the multidimensional world into 3D cannot be represented 1:1 in the human mind
  - It’s just too big
- We developed techniques that help you to slowly access the extremely intensive experience of the conception shock, layer by layer
  - Once you access a layer you can resolve it
- These techniques allow you to open your consciousness for an ever deeper experience of this stage
  - and therewith for the immeasurable depth of Essence itself, which is hidden beyond the frozen world of the conception shock
- In every culture and tradition, the transition from the rigidity of duality to the awareness of unity, from facts to meaning, is reached with the help of images, stories, parables, fairy tales, metaphors
  - Culture techniques for the right brain
- These culture techniques teach us moral and spiritual lessons to become aware of what’s really important in life
  - The meaning of life, your life’s purpose
- In a similar but opposite way, the conception shock can be hidden behind many layers of dramatic incidents or fantasies
  - but these experienced or imagined constructs are only bleak representations of the impact of non-duality meeting the world of form
- This can explain the presence of sadness, anger, fear and depression even after deep trauma work has been done
  - It may then seem that there is a history of more traumatic incidents, but in fact the trauma processed was just a metaphor for the conception shock
- In fact, all those incidents only serve as metaphors for the deepest possible trauma in this life: the conception shock
• You can assess a conception shock through the realization that you've done a lot of work to release your Self, but the core symptoms have stayed there
  o You learned a lot, you know what you're here for, you're finding forms for that mission, but something stays unresolved
• If you cannot address the conception shock directly, you can look for metaphors, images, symbols or stories that represent it and neutralise these
  o Step by step
• It's worthwhile to go through those steps, even though the experience can be extremely painful
  o because the awareness of Essence that follows adds to the quality of every single moment of your life