

HOW & WHY WHOLE-SELF PREBIRTH PSYCHOLOGY & THERAPY WORKS: THE HUMAN BEING AS A CORPUSCULAR-WAVE INFORMATION PSYCHOSOMATIC SYSTEM

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Abstract

This paper begins with an introduction to Whole-Self Prebirth Psychology, Psychotherapy Philosophy and Education. Then the authors consider the Human Being from a position of *the Theory of Corpuscular-wave Duality of Matter*. This theory has opened the existence in natural ways of the interaction and information interchange between genes, cells, organs, and persons which had not been suspected. This energetic communication connection is precisely the key to Whole-Self Prebirth Psychology. The concept of duality has allowed an understanding of the benefits of the information contained in the human being that has enabled us to consider him/her as a *Psychosomatic System* and to explain some reasons for diseases. It gives a substantiation of Whole-Self Prebirth Psycho-diagnostics and an interpretation of the efficacy of Whole-Self Prebirth Psychology and Psychotherapy.

Keywords: Whole-Self Prebirth Psychology and Psychotherapy, human evolution, human consciousness, energetic attraction, energetic communication, theory of duality, genes, wave genetics, memory of water, cellular memory, bio-field, Human as a psychosomatic system.

Keynote:

“The Whole-Self Model© has the potential to change the course of human evolution.”

Ludwig Janus, Past President

International Society of Prenatal & Perinatal Psychology & Medicine

Introduction

The 20th Century transitioning into the 21st Century has seen a marked acceleration in the advancement of scientific theories, research, development and practice through pioneering visions for human evolution. We acknowledge some of these pioneers shortly.

One of the most important advances in the diagnostics and treatment of psychosomatic disorders and psychological problems is in the field of Prenatal & Perinatal Psychology & Medicine & Health. This research seeks to understand the physical stages of human conception, birth and early growth, but just as importantly, the energetic mental, emotional and psychic dimensions of human development and evolution.

There are many research papers exploring the impact of the events before, during and after conception and gestation, but there are far fewer theories and practices on how

to change the innate patterns of behavior encoded in babies. Whole-Self Prebirth Psychology, Philosophy and Education including The Whole-Self Prebirth Analysis Matrix. Whole-Self Prebirth Psychology goes beyond just the physical to offer theory, research and practical application for understanding where and how human consciousness is born, grows, develops, matures and evolves, mentally, emotionally and psychically or spiritually. In this fountainhead of scientific explorations, we find two Prebirth Psychology Pioneers in The Netherlands, Jon RG and Troya GN Turner, Co-Founders and Co-Directors of the Whole-Self Discovery and Development Institute, International.

In the 1970s, while in Psychotherapy Practice in Beverly Hills, California, Whole-Self Prebirth Psychology and Psychotherapy was conceived and developed by John Richard Turner. He was treating patients, most of whom had been in various therapies for decades; some having even been declared incurable by their therapists. Turner realized that their pathology was not able to be found nor treated through those therapies because the pathological causative event or circumstances generating the pathology must have happened outside of the life experience parameters of Psychology and Psychiatry at that time. Turner was inspired with the Whole-Self Prebirth Analysis Matrix©, a simple questionnaire of 22 sets of questions revealing prebirth patterns - the actual moments during gestation when life long emotional and mental patterns become encoded in the preborn baby.

Some years later, moving to The Netherlands, Turner Dutchified his name to Jon RG and along with his wife Troya, together, they continued their prebirth research and practice in some 40 countries.

Whole-Self Prebirth Psychology, a transpersonal methodology, focuses on mother's traumatic and diminishing mental and emotional experiences during her pregnancy and how they may have passed detrimental encodings to her gestating baby. It must be clearly stated that for another mother, with no traumatic & diminishing mental or emotional experiences during her pregnancy, but suffused with enhancing, pleasurable, creative, loving mental & emotional experiences, these are being encoded into her gestating baby, who will be born into a much happier, creative life. The best example of this is Gertrude Temple whose Teutonic pregnancy plan brought us Shirley Temple (Black) whose childhood singing and dancing magical energies brought Shirley into the hearts of millions moviegoers around the world.

One of the first concepts of Whole-Self Prebirth Psychology is that for ease of understanding throughout all sharing of ideas, including this paper, information is given in the 1st person "I".

Why Are Whole-Self Psychology, Philosophy & Education Such Powerful & Effective Tools for Individual Discovery & Development?

As in familial diseases, there can also be psycho-spiritual generational patterns inherited in families. I value the answers to the **Whole-Self Prebirth Analysis Matrix** questions and their meanings because they help me to understand the 'parable' or 'mythos' of my family **psycho-history**. The key to my **Life's Streams® of Consciousness** is found in the simple Whole-Self discovery that:

Not only am I the synthesis of my parent's DNA codings which gave me my physical characteristics, but I am also the synthesis of their energetically charged feelings and thoughts during their pregnancy: my Whole-Self emotional DNA© (W-S eDNA©).

In the **Whole-Self Prebirth Analysis Matrix©**, exploring this question in some detail helps me to discover the innate non-conscious source of

**my most frequently felt reactive feelings,
my most frequent diminishing self-judgments,
& my most frequently diminishing decisions in my life.**

These familiar feelings, self-judgments, conclusions and decisions - my pathological patterns comprise and constitute my Whole-Self emotional DNA©. Through my Whole-Self Prebirth Analysis Matrix I discover that mental and emotional patterns I may have repeated all through my life, have been, in fact, inherited or some might say barrowed from my mother's '**emotional DNA©**'.

Familial Patterns

Usually reinforced after my birth by living in that family, my Whole-Self PAM© patterns are the charged beliefs, the mindsets and emotions with which I was born. It is these charged reactive mental and emotional patterns which have consciously and non-consciously guided, and may even have controlled, my life. Because feelings create behaviors, the Whole-Self Prebirth questions are particularly valuable to discover when dealing with pathological Reactive Attachment Disorder and other disruptive behaviors.

Whole-Self Prebirth Psychology reveals that when my mother experiences charged trauma or diminishing circumstances during her pregnancy, I, her baby, am born with her energetically charged trauma; her situational feelings; her mental reactive attitudes.

I may have been born angry, agitated, peaceful, happy, sad; any display of emotion.

In other words, while my mother is growing my body for me to use after my birth, my consciousness for this life is in energetic synthesis with my mother's consciousness; her mind and her emotions, being educated with her basic patterns. In effect, this energetic synthesis is how her mental and emotional patterns get passed on to me. These are the challenges which will be activated after my birth for me to resolve and, release: **and** actually, release both myself and my mother from. This is the purpose of my life. The Whole-Self Prebirth Psychology evolutionary hypothesis is that through my homeostasis, my mother is healed; my family is healed; all of humanity is released into a universal homeostasis.

Personality and Pathology

Whole-Self Prebirth Psychology hypothesizes that:

My personality is not where my pathology is lodged.

My personality is the 'expressing aspect' of my Whole-Self where my pathology expresses its unique sense of power, or more significantly, in the presence of pathology, my non-conscious sense of my lack of power.

One of the main functions of my personality is to keep me from feeling pain. The stronger my personality, the more talented, skilled and enabled my personality is in keeping the cause, or reason, for my pathology from being recognized. This is why, focusing on personality, most therapies fail. When a pathology creating event occurs, my personality goes into an hypnotic trance and exists, from that moment on, as though that traumatizing event is still continuing to happen - even to the present moment.

This energy resides in all aspects of myself :

- My physical - through my cellular memory
- My mental - through my beliefs, my realities
- My emotional - through my reactive trauma trances
- My spirit, through my Whole-Self.

Whole-Self Prebirth Psychology Traumatizing Principle

Since one of the primary functions of my personality is to keep me from feeling pain, my personality does everything it can to keep me from remembering any painful causative event. It blocks this memory because it holds that if I remember that event, I will feel even more pain. In Whole-Self Prebirth Psychology, the traumatizing principle is that even when I do not remember the causative event, my personality is non-consciously behaving under a kind of hypnotic trance that the causative event continues to be still happening. The feelings my personality, non-consciously, believes are still happening to me create my behaviors. This strategy for my survival is for my personality to defend me from remembering the painful causative event actually perpetuates my pathology. Michael Mendizza calls personality a defense structure.

So, the conundrum is, that even when my personality is blocking me from seeing the causative event, I am still at the effect of the belief that the event is still happening. I am non-consciously living as though that event is still happening to me at this moment. While my personality wants to block me from seeing the causative event, my Whole-Self knows that the only way to break my hypnotic trauma trance is to return, recognize, review, revise & release myself from my trauma trance reality.

This switchover for transfer from the control of my personality to the guidance of my Whole-Self is the beginning of my healing process.

One Extended Whole-Self Session

Another definitive Whole-Self Prebirth Psychology Principle Discovered & Developed in the Los Angeles Practice was that when patients had been in therapy for years, some decades, and many simply declared incurable by their therapists, the therapy needed to be done in one session.. What Turner realized was that when sessions are limited to one hour a week this conditions the patient to never be finished with the therapy. In the 1970s the evolutionary Whole-Self model was to work with a patient for as long as it took **in one session**. Because this was the declared policy, patient's

knew they might be there for 4, 6, 8, 10, 12, 14 hours in one session. This worked very effectively. After he left Los Angeles, Turner later learned that other therapist there began extending scheduled sessions for 2 hours every other week; or 3 hour session every three weeks; or 4 hours sessions once a month; at least a small evolutionary development inspired by Whole-Self Prebirth Psychology Practice.

Again in the 1st person, speaking as a patient, because of my expectation to be finished with my pathology in one extended Whole-Self Therapy session, by identifying and de-hypnotizing myself from the source of my Whole-Self Prebirth problematic patterns as my mother's, I am able to heal myself. Near the end of the W-S Prebirth Therapy session the most universal typical reactions are the words:

'I did not do anything wrong! The feelings I have suffered with all my life were mother's not mine! They were mother's!'

So, this simple recognition led to the Whole-Self Discovery that the sources of my pathology are the charged feelings and reactive thoughts mother experienced during her pregnancy. This explains how evolution passes along mental and emotional patterns.

What is most interesting is that patients often came while the presenting problem was not known or recognized. In those cases, the first question was to ask the Whole-Self, **What mental or emotional pattern should I work on?**

My Whole-Self instantly reveals the precise threshold which will gently lead me, through complete understanding to my homeostasis. So how are these pathological patterns communicated between my mother and my emerging gestating mind and emotions? This paper offers some hypotheses from Professor Grigori I. Brekhman about energetic wave communication around my body (corpuscular wave) and human to human communication and relationship. But, first let us more closely examine some other Whole-Self hypotheses.

The Precise Key to Whole-Self Prebirth Psycho-Consciousness Healing

Many patients came locked in feeling patterns for which they could not find the source. The Turners discovered that patient's traumas in this life are usually repetitions, in some form, of charged events or circumstances experienced by mother during her pregnancy and then activated after birth during my life. Some patterns are activated early in life, others, later in life. For as long as years or decades, that any therapy keeps focused on emotionally replaying and reactivating mother's reactions as though they are mine, these emotional events and experiences have control of me. In the 1st person, through this re-enactment, I am not released from my trauma but become locked deeper and deeper into those diminishing trauma feelings and ideas.

Guilt Is Lifted

At the same time, because I am often also trapped in feelings of guilt and self-judgments, believing these feelings are my feelings, I cannot heal myself. The key to my healing comes the moment I am able to recognize that these diminishing patterns are not mine, but my mother's during her pregnancy. The precise moment of healing happens when my Whole-Self helps me to recognize and realize that the charged feel-

ing patterns, which have been with me since before birth, are unlocked by helping me to experience the separation; the splitting apart from my symbiosis with my mother. This symbiotic separation is a basic principle to Whole-Self Prebirth Healing.

Where Is My Consciousness During Gestation?

Another precise evolutionary key to Whole-Self Prebirth Psycho-Consciousness Healing is based on the question of where my consciousness is located during my gestation. Working with, and confirmed by tens of thousands of patients and W-S PAM© Workshop participants all around the globe, is the discovery that my consciousness is not in my embryo, fetus or developing little body. All participants discovered and described being in symbiosis with mother's consciousness; in or above her bio-energy field animating her body; in mother's mind and emotions surrounding and animating her physical body.

A simple fact: Mother Nature gives my little body - which is part of mother's body - the ability - with support – to survive after three months, the next six months of my gestation is for my little body to practice and rehearse so that after birth it can live on its own.

A simple question: How can Mother Nature provide practice and rehearsal for my little body as part of my mother's body

& not provide practice and rehearsal for my mental body inside her mind;

& not provide practice and rehearsal for my emotional body in her emotions?

This hypothesis is the very basis; the very core of the profound evolutionary Principles upon which Whole-Self Prebirth Psychology, Philosophy & Education is conceived. So once again, in the 1st person, hypothetically, Whole-Self Prebirth Philosophy proposes that as my mother experiences her life, because my consciousness is in symbiotic relationship with my mother, my newly developing mind and emotions are being energetically educated by her mind and emotions so that they can function separately from mother after my birth.

This idea of synthesized preconception and prebirth patterns helped the Turners to reconfirm that consciousness exists separately from physical form.

The Turners, also, discovered that client's syndromes and illnesses, were actually the exact energetically charged feelings and thoughts that their mother had experienced during her nine months of pregnancy; my pathological patterns had been replications which may not only have begun from birth; but even before birth from the prebirth (even preconception) period of my development (Turners *et al* 1988).

For example, even before conception, the very thoughts and desires of my mother, and also father, to have a baby already energetically attract my consciousness to mother's bio-energy. This desire for a baby already establishes a communication link between the two of us as described by Brekhman in his paper:

The conception of the multiple level co-ordinated action between the mother

& her unborn child: the methodological approach & the methods of research.

Quoting Brekhman's paper:

Nowadays a lot of data obtained has confirmed the hypothesis that the psycho-emotional interrelationships between the mother and her unborn child is the reality... we (Brekhman) offered to examine the mother-unborn child relationships based on the idea of a permanently functioning multiple-level polyphonic system. It has been assumed that if mother is a multiple-system embracing such levels as biological, energetical, astral, mental, etc, to have intimate and fruitful interplay between her and the unborn, he/she (the unborn) must already possess the same levels beginning with the zygote. Such a methodological approach proved to be fruitful. The subdivision of this system into the various levels is very relevant since baby is able to live and develop harmoniously only if all its components properly interact.

In this last sentence the word "only" is the operative word. Prof. Brekhman states that if there is such a process as a mother-unborn child dialogue – also, long advocated by Prof. Peter G. Fedor-Freybergh - there needs to exist 'complementary resonant cohesive media systems' which can recognize each other's messages. In its very simplest terms, the analogy is that for communication between, in the first person, my consciousness and my mother's consciousness to exist, my yet to be born radio frequency must be tuned to my mother's same radio frequency. Prof. Brekhman has proven that it does. Whole-Self Psychology, Philosophy and Education is confirming that, in the 1st person, while I am the synthesis of my parent's genetic coding which gives me my physical characteristics, there is also a synthesis of my emotional-mental patterns of my parents, particularly my mother, from the nine months of their pregnant lives. This is exactly the multiple system of energetic communication Brekhman's research proved exists.

In the 1st person, if I consider myself as a bio-energetic field surrounding and animating my physical body, as mentioned by scientific research and confirmed by **Brekhman**, I can say that my bio-energetic field – my consciousness - vibrated in mutual dialogue with the frequency and energy of my mother and my father. I can discover that in most of my childhood and adulthood, I have been trying to fulfill what was encoded in my prenatal period through my parents. And, when I understand where my belief systems and my emotional reactions come from, I can stop non-consciously trying to create personal situations and environments in my life in the non-conscious effort to reactivate and re-experience my innate and inherited diminishing patterns – the challenging patterns I believe about myself. And what is most interesting is that when I transcend my diminishing beliefs, my family and even all of society takes a tiny step to a higher level of consciousness.

Whole-Self Eye To Eye Psycho-Consciousness Healing

While the Whole-Self Prebirth Analysis Matrix is a most comprehensive healing system, the Turners also discovered an amazingly simple little exercise **which could transform humanity on an evolutionary level**. Either within or outside Whole-Self Prebirth Psychology Therapy, if after birth, in the 1st person, my mother, **looking me in**

the eyes, tells me **in total truth** what she had been experiencing during her pregnancy she can de-hypnotize me from my prebirth encoding. No matter what my age – infant or adult - mother looking into my eyes, telling me truthfully, the situation and circumstances she had been experiencing; what she had felt physically, mentally and emotionally; my psycho-spiritual mythos; my symbiotic dependency to my mother's consciousness is completed and dissolved – this is homeostasis; simple, but effective.

This why the **Whole-Self Eye To Eye Psycho-Consciousness Healing works**.
By speaking the truth to me, my mother is reactivating the mythos of my reason for being in the world.

What Is Known About Prenatal Sources of Pathology?

Since the middle of 20th Century, modern Prenatal and Perinatal Psychology has been developing. This scientific discipline has studied the mental and emotional life of the unborn and newly born child and the influence of encodings perceived during the intrauterine stage of development on thinking abilities and behavioral capacities in subsequent life.

The prebirth research by Brekhman, the Turners, Fedor-Freybergh, Janus, Verny, Chamberlain, Glenn and many other prenatal researchers have shown, that:

- The unborn child (prenate) begins to develop emotional perception;
- The prenatate has rudementally actively functioning memory;
- The prenatate's genetic program (received from parents) secures these;

That is why...

- Prenates can include the feelings in memory, of mother's most emotional diminishing thoughts and enhancing wishes as well as her behavior;
- These prebirth impressions are added to the genetic information (received from parents) which form the basis of a child's non-conscious;
- The non-conscious information controls the thinking, emotions and behavior of the person in their subsequent life;
- Maternal psycho-emotional distress can cause mental trauma for a prenatate, and can damage health and development after birth;
- Maternal quiet and creative moments during pregnancy can also promote expressions of the enhancing inclinations and talents for a child via both genes and mother's enhancing thoughts and feelings during pregnancy and birth.

This aspect of enhancing dedication is illustrated by the incredible creativity of Hollywood child movie star then Diplomat Shirley Temple Black.

Researchers suggest that prenatal mental trauma may underlie mental disorders such as autism, ADHD syndrome, psychomotor retardation, depression, bipolar disorders, schizophrenia, and psychosomatic disorders: asthma, neurodermitis, pylorstenosis, enuresis, speech disorders, stammering. They manifest themselves in different persons with diverse intensity in different times of life after birth (Bettes 1988; Hernandez-Reif *et al* 2002, The Turners *et al* 2007 and others).

Human Cells

While Whole-Self Prebirth Psychology hypothesizes that prebirth memories are of an energetic level, W-S acknowledges that memories also may be lodged in human cells.

Today, we all know that everything is energy, no matter in which material form it may manifest itself. Simply, energy is information and it can be and is stored in many ways and dimensions, including the physical cellular dimension.

Smilja Janjatovic Pugliese Whole-Self Co-Director Italy

Each human cell is a multi-component organism, which includes:

- a membrane with a set of receptors;
- the cytoplasm with its set of organelles;
- and the nucleus.

The nucleus contains a complete set of genes containing the information on the morphological structure and function of the cells, organs, and the organism as a whole which explore the relatively new **Science of Epigenetics**.

Science Magazine took a cellular approach to explore **The Aging Process**.

To stop aging, experts maintain medical science would have to accomplish two very difficult feats:

- 1) It would need to prevent or repair all accumulated damage in the body.
- 2) It would also have to stop or reverse any biological clocks that might set a maximum life-span.

Many researchers believe such clocks exist within our cells. They are called **telomeres** -- the tips of chromosomes, the genetic material that determine almost all of our inherited traits. Telomeres normally wear away each time a cell divides. As a person ages, and their cells have divided many times, the chromosome shortens past the telomere, and starts cutting into working genes. This interferes with the function of the nucleus, and the cell dies. Most researchers agree the telomere system evolved to prevent cancer. When cancer cells develop, they divide very rapidly, effectively killing themselves. But some cancers do keep growing, because they have mutated to produce an enzyme, telomerase, that regrows the telomeres.

Aging cells do continue to divide, according to a study published in *Science*. The problem is that the older cells have accumulated genetic damage; thus, they turn out flawed cells that eventually contribute to the diseases of aging.

Cellular Memory

There is a controversial hypothesis that cells have memories. A brilliant descriptions of a Cellular Memory Hypothesis is by the eminent Brazilian Analyst Joanna Wilhelm in her landmark presentation to the Brazilian Psychoanalytic Society of São Paulo entitled

THE TRAUMA OF CONCEPTION.

Wilhelm: Considering that the basic premise of this paper is founded on the proposal of the existence of a cellular memory, I will now focus on what –

in my opinion - characterizes it.

I will start by reproducing the formulation I stated in *O que é Psicologia Prenatal*: *All the biological experiences undergone by the being, from the formation of each of its two basic component cells – spermatozoid and egg – to the moment of birth, are recorded on a proto-mind by means of a cellular memory. They will constitute our basic unconscious fantasy, which remains deposited in the utmost depths of our minds in the form of a basic matrix that will manifest itself during our lifespan whenever a fact of actual reality bumps against one of these basic registers. At that very moment, what is contained in this “corpuscle” of memory in the evoked basic matrix, will surface and install itself in the mental space with all the affective-emotional coloring which belongs to that first original experience that is being evoked. The same will be for the basic emotions of anxiety (anguish), envy, jealousy and feelings of rejection, exclusion, abandonment, helplessness, distress and deprivation; but also for adoption and acceptance – to mention only some. We could therefore consider that all these emotions are fantasies – that is: emotional memories, evocations, transferences.*

The suggestion that there exists a basic matrix imprinted constituting a cellular memory implies that

Any cell of our soma – from the very beginning of our existence – has a “psyche”: they all “feel” and “think”, and it will be this “feeling” and “thinking” that is recorded by the cellular memory. Therefore, the unconscious basic fantasy, would then be the representation - on the psychic level - of the records referring to the facts and phenomena that occurred at the somatic level, at the very beginning of our biological existence. I am thus considering fantasy as being a memory and not as something “made up” by the mind: it refers always to something that really happened. The fact registered by the cellular memory occurred in a moment when the mind still had no conditions to “know” about it; its storage may have undergone distortions, super positions, deformations. But the basic coloring is maintained.

Wilheim’s hypothesis on Cellular Memory offers truly profound insight - a very clear elaboration for information storage of memory compatible with Whole-Self Prebirth Psychology energetic memory storage hypothesis. An interesting question: is Wilheim describing the function of genes?

The Gene

Some of the most profound research in the 20th Century was focused on the human genome which has now been decoded. Some would say that it began with LSD-25, other psychedelic drugs, and holotropic breathwork; researchers have shown features of Epigenetics that:

- 1) Human memory can be comprised of steady psychological features of their ancestors;
- 2) Certain modes of their behavior;
- 3) & events which their previous generations had experienced.

These Scientists believe that the intelligence and mentality of the Human Being are connected by heredity. That is, the genes are the carriers of morphological, functional and mental features of the Human Being. The fascinating question is:

Do genes express just physically or do they express energetically?

The research work of both Brekhman & The Turners and others would say both.

Two questions Whole-Self Prebirth Psychology impels us to address are:

Where and How Does Consciousness Begin For Each Human Being?

Whole-Self Prebirth Psychology hypothesizes that consciousness exists before conception. While this is certainly difficult to elaborate on in this document, the idea can still be explorable. The Whole-Self hypothesis is that

- My consciousness is energetically attracted not so much to my mother as a personality
- but to the vibrational information mother is emitting through the cells of her body, her mental thoughts and her emotional expressions; her biofield.
- All the participants in the W-S PAM questionnaire describe their ability see mother from above or near her head or body.
- Then, they describe being inside her aura field, sensing her thoughts, feelings and relationships; learning how those thoughts and feelings become their own.
- And, after birth those thoughts and feelings are babies.

As mentioned above, in the 1st person, my consciousness can already be energetically attracted to my mother and father simply by their spoken, or, even unspoken desires to have a baby. In the last half of the 20th century, researchers, for example, David Chamberlain and the Turners, working in Prenatal and Perinatal Psychology Practices found evidence of verifiable memories experienced by the Prenatal Human Child; memories encompassing the entire range of human expressions; especially traumatic events; energetically charged thoughts and emotions – enhancing and diminishing, having been experienced and shared together with mother during pregnancy, labor and birth – the very essence of Whole-Self Prebirth Psychology by the Turners *et al.*

In the 1st person, my prebirth memory education comes from my shared mutual maternal 'charged' thoughts, emotions, and feelings. They are reflected (sometimes as in a mirror) in the thinking and behavior of my new born baby who subsequently grew into adulthood.

My preborn developing mental and emotional stresses can cause a wide range of mental emotional and physical disorders: from relatively benign, unusual habits and psychological discomfort; to serious mental diseases such as schizophrenia; to incurable physical diseases. Simultaneously, in childhood, as a rule, I receive somatic disorders which accompany me during my life. My pre and perinatal information can be transferred from past, present and future – even onward to succeeding generations.

This is confirmed experimentally, and most likely is connected with regulating processes investigated in the **Science of Epigenetics**. It is possible to assume that my genome contains both somatic and mental information and is able to include new data of such quality. From Brekhman's view of the genes each cell of my body is the carrier of quasi-consciousness and memory, and initially a corpuscular-wave information psychosomatic structure.

Water

However, information is incomplete, unless we include the importance of water. In his paper in the *International Journal of Prenatal & Perinatal Psychology & Medicine*, Prof. Brekhman describes ***Water as energo-informative connection channel between an unborn child, its mother and their environment.***

Each cell of the body is composed of more than 90% water. The various organs contain various quantities of water; the brain contains up to 90% water; bones up to 22%; etc. The content of water in the Human organism depends on age. So, an embryo at the age of 6 weeks contains 97% water; the prebirth child of 16 weeks up to 92%; a newborn near 72%; adults about 60-65% of water.

As extensive research in recent years has shown, water contains information properties:

- * it is the original generator of EM (Electro Magnetic) Waves in the MM (millimetre band) (IEEE) range;
- * can perceive, carry & transfer wave information;
- * carries out a bio-informative role;
- * has high biological activity;
- * can perceive psychic energy & thought information;
- * can execute a role as synchronizer;
- * and is the time standard in bio-systems.

This is confirmed, in fact, by long-term homeopathic practice.

It is possible to assume that cellular structures such as DNA, the molecules of water and proteins can generate, receive, save and pass both corpuscular, and wave information. Extensive support for the concept of the information properties of water was rendered

by the research of Nobel winner Luc Montagnier and his team. They have shown that water is capable of including information from the DNA. In my opinion, it can mean more: ***on a cellular level there is a constant information interchange*** between DNA and molecules of water (and it is possible also for proteins) and therefore, the cell represents an information unity.

History of Water Birth

The first descriptions of water birth was in 16th Century in a book *The Chronicle of Peru*. The first publications about water birth in two European countries was in 1803 in France and in 1805 in Germany.

In a great leap, to the middle 1960s, the pioneer of water birth was **Igor Charkovsky** Russian Obstetrician who began research with thousands of water births, mostly in the Black Sea. 1983, **Michel Odent**, Obstetrician in France then England, was the first to publish a paper on this theme in a scientific journal – *The Lancet* in the UK..

Odent, pioneered his research in water birth when he realized the affinity pregnant women had to water. In the birthing ward at the hospital in Pithiviers, France, Odent discovered that birth in a water pool was easier for both mother and baby. Mother's thought that the birth is easier is transferred to me, her about to be born baby, would confirm the research described by Brekhman that water is a catalyst that facilitates the communication creating psychosomatic cooperation between mother and me during stages of labor and birth.

Odent also realized that another form of energy helped facilitate mother/unborn communication when he organized weekly group singing sessions not only for pregnant mothers, but after birth, new mother's brought their babies who joined in, too.

The Sea & The Brain

Visiting Professor Michael A. Crawford, PhD, FSB, FRCPath, Dept of Reproductive Physiology, Imperial College, London describes the relationship between marine food and the brain:

We have been stressing the importance of marine food. Put simply the brain evolved in the sea 500 million years ago using the marine food web and still uses precisely the same today. In the last few centuries, we have turned to more and more land produce. It so happens that all land mammals lost relative brain size logarithmically as they evolved larger and larger bodies. This is because a key constituent required for structure, function and gene regulation in the brain can be made from green foods. Little animals with fast metabolic rates can make it (DHA) but it is a very slow conversion process. Hence, the greater the velocity of body growth the less they can make. Hence the decline in brain size as body growth outstrips synthesis. Marine animals have it ready made. So compare a Dolphin with a similar sized land mammals! The Dolphin has 1.8 Kg of brain whilst the Zebra has 300g!

So what is the evidence that our increased dependence on land food is affecting *Homo sapiens*? The likely answer is that brain disorders and mental ill health have now overtaken all other burdens of ill-health in the EU, UK and USA! EU 2004 €386 billion 2010 €789 billion. UK 2007 £77 billion 2010 £105 billion. The Wellcome Trust had it on its web site in 2013 at £113 billion all costs are greater than heart disease and cancer combined! Hence any research work that amounts to the description of the marine food web or the protection of its marine flora and fauna is of interest.

Home Water Birth

When Brekhman studied Home Water Birthing in Russia from the point of view of Perinatal Psychology as a way of protection for mothers and their babies (because in Russia Home Birth is often in water), he published a paper discussing this topic in the *Journal of Obstetrics and Female Diseases*. St. Petersburg.

The Cell

So, it is possible to acknowledge that every somatic cell, in the 1st person, of my body contains DNA, molecules of water and proteins, and within them contains coded information, both somatic and mental. If I take into account the research of Gurvich, Kaznacheev, Gariaev and other scientists, my mother's intrauterine water cells surrounding and supporting my developing physical body, are carriers of information both as particles and waves, and therefore, it is possible to speak about my cells as psychosomatic structures.

It is important to recognize that both the structure and properties of water and water solutions can change under the influence of mental information – thoughts – and specifically prenatally, my mother's thoughts and emotions. In other words, this gives an opportunity to advance the hypothesis that owing to the bio-information properties of water, mother's intrauterine water environment may serve a vital function for information interchange of thoughts and feelings between my mother and my unborn developing consciousness.

Protein

According to Wikipedia:

Proteins are large biological molecules, or macromolecules, consisting of one or more long chains of amino acid residues. Proteins perform a vast array of functions within living bodies, including catalyzing metabolic reactions, replicating DNA, responding to stimuli, and transporting molecules from one location to another. Proteins differ from one another primarily in their sequence of amino acids, which is dictated by the nucleotide sequence of their genes, and which usually results in folding of the protein into a specific three-dimensional structure that determines its activity.

Each cell of my body contains molecules of proteins which also are carriers of information. Peter Gariaev experimentally proved that cells, chromosomes, DNA and proteins share hereditary information in the space of my body through the physical fields of both electromagnetic and acoustic waves.

Body

From a position of a considered paradigm of matter duality, the billions of cells of my multi-cellular body are in instant wave-like contact among themselves. At the same time, as a result of such close interaction, each cell of my body, receives information on the condition, or state as well as needs of all my other cells.

Simultaneously, cells, their sub-cellular elements and genes are under the influence of external factors and they can accumulate physical and mental information, save it, and, exchange this information with each other. Some of these external factors can come from environments, circumstances, situations and other Human Beings

and range from enhancing acts of love, sex and support to diminishing acts such as anger, hatred, fear and violence all of which reach both mother's, and internally, my body through the corpuscular waves in my auric biofield.

The wave amplitudes of separate molecules can be superimposed among themselves, forming a general coherent EM (Electromagnetic) wave

In a similar way, it can be hypothesized that there are:
superimposing waves of sub-cellular elements
and cells of separate organs,
forming a resonant frequency specific to that given organ.

So, the frequency of electrical activity of my heart is within the limits of 1 Hz; of my brain within the limits of 5-20 Hz; etc.

Memory

Memory is not an exclusive prerogative of my brain. It is a function of my whole body, including my mind and emotions, my whole Humanity.

In these conditions, my brain carries out the major functions of being receptor, and converter of the coded information clearly for me of images, symbols, pictures, words. **Sir Charles Sherrington, Sir Jon Eccles, Wilder Penfield, Stanislav Grof, David Chamberlain, the Turners** and others advanced these ideas during 20th Century.

In confirming these ideas, recall the phenomenon of changes in some character traits and preferences of people who are recipients of donated organs. One of the most common is the desire or abhorrence for particular foods, especially alcohol. It is interesting to note the variety of information contained in these somatic organs transferred from one living body to another living body.

In 2014, Science Magazine (see Appendix) reported a study on How the Brain Deletes Old Memories. The Study on mice indicates that the brain may clear out old information in a process of forming new memories.

For the most part, the brain stops producing new neurons - a process called *neurogenesis* - soon after birth. In humans, mice, and some other species, however, *neurogenesis* continues throughout life in a brain region that encodes memories about space and events, called the *dentate gyrus* of the *hippocampus*. In adult humans, the *dentate gyrus* produces roughly 700 new brain cells each day. Studies in mice have shown that suppressing *neurogenesis* can impair a type of learning called *pattern separation*, which allows us to distinguish between two similar but slightly different circumstances. One example is remembering where I parked the car from 1 day to the next, explains René Hen, Neuroscientist at Columbia University who was not involved in the new study.

Karl Pribram discovered that in Human Beings who experienced damaging traumas to the head and brain with partial (and even significant) loss of its part, have not lost memory. He has assumed that the centers of memory are in all neurons of brain, and

subsequently he has offered a holographic hypothesis of brain functioning. Decades of research confirms the Turner's and Brekhman's hypotheses that consciousness and memories are not just in my physical body but reside first in my Human biofield, subsequently, infusing data into my physical brain in its function for analysis and appropriate response, action or reaction and bodily communication center.

Brain: Regarding this function of my brain, do not exclude participation of its neurons in perception of information, accumulation and use of this memory, because the nerve cells also contain genes, molecules of water and protein. Of course, the function of my brain is not limited by participation in mental processes. My brain not only controls my emotions by neurotransmitters (catecholamines, serotonins, morphine-like opioids). My brain carries out the very important functions of regulation of all organs and systems of my body: cardio-vascular, breathing, digestion, endocrine, etc.

Biofield or Aura

In the 1960s, when the **Kirilian** family, Bio-energy Researchers in Russia, presented photo images of energy waves surrounding a leaf or a hand, the theory was that this energy was coming out of the physical object. At the time, the background story was that during the biofield wave research, Prof. Kirilian asked where one of his assistants was. He was informed that the person was at home with the flu. Checking the aura photographs of the assistant which had been taken several days before, Prof. Kirilian sensed that the information of the flu was already in that person's aura those several days before the flu had manifested in the physical body. Observers concluded that this seemed to prove that the flu data was already in the body then emanated outward into the energy biofield.

In Boston, Massachusetts, USA, **John Richard (now Jon RG) Turner** offered a completely opposite view. He said that the flu energy information already was first in the biofield. It was this energy which was, in fact, infusing flu data to the assistant's body; taken several days to transfer the information into the assistant's physical body. In other words, in the 1st person, disease is first in my biofield, then the information is energetically infused into my living physical body. Turner was inspired to expand this concept by proving that when he energetically removed illness or injury data from a person's biofield, the physical body healed - sometimes instantly. Turner used this technique effectively, teaching what he called Aura Healing Workshops throughout the northeast quadrant of the USA - Boston to New York City to Washington, DC, and also in Toronto, Canada.

In Russia, **Brekhman**, proved that this energy biofield was, in fact, giving this life giving vitality and form to living and non-living objects. Brekhman's hypothesis was that the superimposing of waves into cells, tissues, and organs, from the Human biofield, or aura, was possible with resonant frequencies specific for the particular person. Proving the Turner's theory, Brekhman calls for the traditional view of the biofield as a surrounding environment coming out of the Human body needs to be changed to reflect that the biofield inner penetrates giving form and vitality to the physical body or object; in one word *vitality*.

Brekhman proved that there is a *corpuscular wave informative cloud* which is an energy resource for the functioning of the living cells which enwraps and penetrates

my Human body. It includes knowledge, at a quantum level, about my physical, mental and emotional components and relates to the non-conscious dimension of my Humanity. It is possible to envision that this cloud is in constant movement (expanding, narrowing, moving) depending on the health condition of that Human Being. Turner later stated that his early biofield - aura research and practice was the foundation for Whole-Self Prebirth Psychology which came a decade later. The *corpuscular wave information*, proved in Brekhman's research, was the exact basis for the Whole-Self Prebirth Psychology model described in the first part of this article.

Human

So, the Human Being represents a complete psychosomatic system (PSS). This composite PSS is a closed system in its aspiration for self-regulation. On the other hand, it is an open system, because it is in constant communication with the external world perceiving what is being seen, heard, breathed, eaten, and drunk, etc.. Importantly, this system is in interaction (including the wave interaction) with other people and other living essences, including animals and plants.

Excitement, excessive excitation (charged information) in my biofield has specific Brekhman's research proved that any extreme external influences, situations, circumstances, have a wave component which may be deformed and break a resonant balanced condition in my body or organ. In other words, if energetic out of balance disinformation from my external world, generates energetic impact in my biofield and this disinformation transfers into my related body or specific relative organ, disease expresses and manifests in my specific organ and vice versa!

pathogenic influences which are capable of generating the deformed wave component which touches the structure and function of a part of me which, at that moment, is in an aroused, active, imbalanced state. **Pugliese says**

When talking about excitation, it is important to distinguish between excitement and agitation. I think that the feeling of excitement indicates some form of recognition of positive elements in the person's field, while agitation indicates negative, possibly even dangerous elements. This means that excitation is not necessarily pathogenic, it could also be a stimulus for better and more balanced psychological and physical wellbeing.

My body or organ responding to a diminishing external influence now resident in my biofield expresses in disease. From this point, any illness in me should be considered as a psychosomatic disease, though, undoubtedly, there is an essential difference between diseases caused by infectious agents and emotional distress.

This research proved Turner's hypothesis about how disease enters, in the 1st person, first into my biofield then into my body. And, most importantly, by removing the disinformation from the biofield, my body or specific organ returns to homeostasis.

The Concept

Brekhman's theory about the wave information psychosomatic system explains how my memory operates and if necessary draws past, forgotten events from my memory.

While some people may hold that memories might 'possibly' begin at birth, but definitely after birth, the Whole-Self Prebirth Psychology model proves that I am already born with mother's charged corpuscular energy patterns. My prebirth memories actually begin when my consciousness is energetically attracted to my mother's consciousness even before conception. When I give myself a command 'to recollect', I direct an information cloud wave to travel to my biofield and subsequently to my body. Without my conscious participation, this information cloud wave activates structures within various cells. It proceeds so long as the inquiry, having a certain wave frequency, enters into a resonance with the required coded wave information. Actually, this is a work of my quasi-consciousness. During the inquiry-find convergence, a resonance effect may take place which switches my brain activity providing the interpretation of the requested coded information of ideas and words.

Contacting My Whole-Self

The same convergence occurs when a therapist asks me to enter into contact with my Whole-Self and to recollect the feelings and thoughts energetically connected to a specific traumatic event. If I try to remember consciously, I lose the link with my *corpuscular wave informative cloud*. To a certain extent, as a patient, a semi-trance state facilitates this process, as it allows me to concentrate my attention only on a search in my cloud for the information needed at the given moment. This concept gives a key to understanding of body-oriented therapy, through preliminary extraction and the comprehension of the reasons for psychosomatic disorders which can strengthen the effectiveness of treatment. This concept gives substantiation for an holistic approach to health, or to restoration of it, especially through the Whole-Self .

The Proof: the Corpuscular-wave Theory of Matter

In the profound high efficacy of the Whole-Self Prebirth Psychology method of treatment, now for the first time, we can recognize absolutely clearly how and why Whole-Self Prebirth Psychology and Psychotherapy works. The key is, that now we are able to use it to examine Whole-Self Prebirth Psychodiagnostics and Psychotherapy from the point of view of ***the corpuscular-wave theory of matter***.

This paper examines how Human Beings exist not just as physical bodies but as focii for energies; bio-energies which can be measured in a number of scales; one of these waves can be called ***consciousness***. This consciousness is precisely the dimension of information that the Turners have identified in the form of charged feelings and charged thoughts of mother and, through her relationship with him, father, as well. So let us review the early research of bio-energy about this consciousness – this wave energy.

The term 'psychosomatic disease' assumes that in a pathological process both *psyche* and *soma* are involved. But, it also means that we know about the existence of illnesses of the psyche and the soma separately. Such classifications were quite true for a certain stage of development of Science. Today, a Human Being is considered as a complete psychosomatic system. Certainly, one can be tempted to determine this affiliation by traditional representations; as the aggregate consisting of the brain (the biological predicate of the *psyche*), and the body (the biological predicate of *soma*).

However, from the perspective of modern knowledge and philosophical representations it may not be quite correct. Why?

The Theory of Corpuscle-wave Duality of Matter

The presentation about the structure of the world began to vary with development of ***the theory of corpuscle-wave duality of matter***. Wikipedia has extensive exposition on the debated theories. While this topic may be difficult for some to grasp, we offer it as back-ground for this paper.

Wikipedia offers a definition of ***Wave-particle duality*** as a theory that proposes that all matter exhibits the properties of not only particles which have mass, but also waves, which transfer energy.

A central concept of quantum mechanics, this duality addresses the inability of classical concepts like 'particle' and 'wave' to fully describe the behavior of quantum-scale objects.

Standard interpretation of quantum mechanics explain this paradox as a fundamental property of the Universe, while alternative interpretations explain the duality as an emergent, second-order consequence of various limitations of the observer. This treatment focuses on explaining the behavior from the perspective of the widely used Copenhagen interpretation, in which *wave-particle duality* serves as one aspect of the concept of complementarity that one can view phenomena in one way or in another, but not both simultaneously.^{[1]:242, 375-376}

Wikipedia elucidates the **Origin of The Theory of Duality**:

The idea of duality originated in a debate over the nature of light and matter that dates back to the 17th century when Christiaan Huygens and Isaac Newton proposed competing theories of light: light was thought either to consist of waves (Huygens) or of particles (Newton). Through the work of Max Planck, Albert Einstein, Louis de Broglie, Arthur Compton, Niels Bohr, and many others, current scientific theory holds that *all* particles *also* have a wave nature (and vice versa).^[2] This phenomenon has been verified not only for elementary particles, but also for compound particles like atoms and even molecules. For macroscopic particles, because of their extremely short wavelengths, wave properties usually cannot be detected.^[3]

At the beginning of the 20th Century, ***Albert Einstein***, through his early research, has shown that light can be interpreted as a flow of energy quanta (i.e. the corpuscles), which effect physical Human Beings and show properties of electromagnetic (EM) waves.

Niels Bohr, with some colleagues, had tried to rescue **James Clerk Maxwell's Wave Theory of Light** in a dispute as to weather light is a wave or a particle should surrender and confirm Einstein's theory that light is a wave as correct.

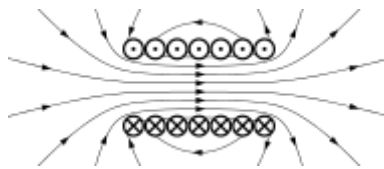
Subsequently **de Broglie**, developing these ideas, has put forward a hypothesis about the universality of *corpuscle-wave duality of matter*; according to de Broglie, the electrons and any other particles of matter (not only photons) have both corpuscular and wave properties.

The Russian Geneticists **Gurvich** in his *Principle of Analytical Biology and Theory of Cellular Fields* and **Beklemishev** in *Methodology of Systematics*, on the basis of a new paradigm, have put forward a hypothesis about the *wave condition of genes*.

The Russian Geneticist of Chinese origin **Dzang Kangeng** proved *The Wave Genome* experimentally by his device for transferring of gene-wave information received by both hybrids of plants and female ducks. These data were confirmed by research of Russian Geneticist **Gariaev** when he hypothesized and proved a Wave Genetic Code. Together with his colleagues, he successfully continues to develop *wave genetics*.

Slightly earlier **Kaznacheev** (not being fixed exclusively on genes) has published a series of papers including *Extra-Low Radiation at the Intercellular Interactions* and *Bio-Informative Function of the Nature of Electromagnetic Fields* which has shown that carriers of the information in biological systems can be quanta of an EM (Electromagnetic) field, or bio-photons. He believed that the EM channel of information communication in the living substance has universal character and is widely used between cells. In understanding EMF, again, we are appreciative to Wikipedia:

Electromagnetism



An **electromagnetic field** (also **EMF** or **EM field**) is a physical field produced by electrically charged objects. It affects the behavior of charged objects in the vicinity of the field. The electromagnetic field extends indefinitely throughout space and describes the electromagnetic interaction. It is one of the four fundamental forces of nature (the others are gravitation, weak interaction and strong interaction).

The field can be viewed as the combination of an electric field and a magnetic field. The electric field is produced by stationary charges, and the magnetic field by moving charges (currents); these two are often described as the sources of the field. The way in which charges and currents interact with the electromagnetic field is described by Maxwell's equations and the Lorentz Force Law.

Wikipedia differentiates that:

From a classical perspective in the history of electromagnetism, the electromagnetic field can be regarded as a smooth, continuous field, propagated in a wavelike manner; whereas from the perspective of quantum field theory, the field is seen as quantized, being composed of individual particles. ^[*citation needed*]

Conclusion Back to the Beginning

As a Human Being, I am an amazing representative of the corpuscular-wave information psychosomatic system. With any disease that I, as a Human Being may be capable of contracting or generating, it is necessary to acknowledge that it is a psychosomatic process irrespective of its reason. The holistic approach in diagnostics and treatment, as well as prophylaxis, is enhanced by the inclusion of Whole-Self Pre-birth Psychology Therapy for supporting long-term homeostasis.

My inherited innate charged patterns are precisely what I come into life to change.

- * Whole-Self Discovery and Development is an active process to Discover and Develop myself.
- * My Whole-Self connects on my physical, mental, emotional and spiritual levels all at the same time.
- * Whole-Self Discovery and Development helps me to immediately identify my challenges.
- * Whole-Self Psychology helps me to discover my conscious and non-conscious diminishing beliefs about myself. My diminishing beliefs about myself inhibit my energy and block me from success in relationships, work and life.
- * Whole-Self Discovery and Development offers me effective tools to help me to change my diminishing beliefs about myself and other people and life itself.
- * Whole-Self Philosophy is a continuous inspiration for my individual growth, development and evolution as a Whole Person!

We close with a simple fact: Whole-Self Prebirth Psychodiagnostics and Psychotherapy is proved from the point of view of ***the corpuscular-wave theory of a matter.***

In gestation, Nature gives my little body - which is part of mother's body – the opportunity to practice & rehearse so that after birth it can live on its own. So, how can Nature provide practice & rehearsal for my little body – as part of my mother's body – & not provide practice and rehearsal for my mental body inside her mind & not provide practice and rehearsal for my emotional body in her emotions?

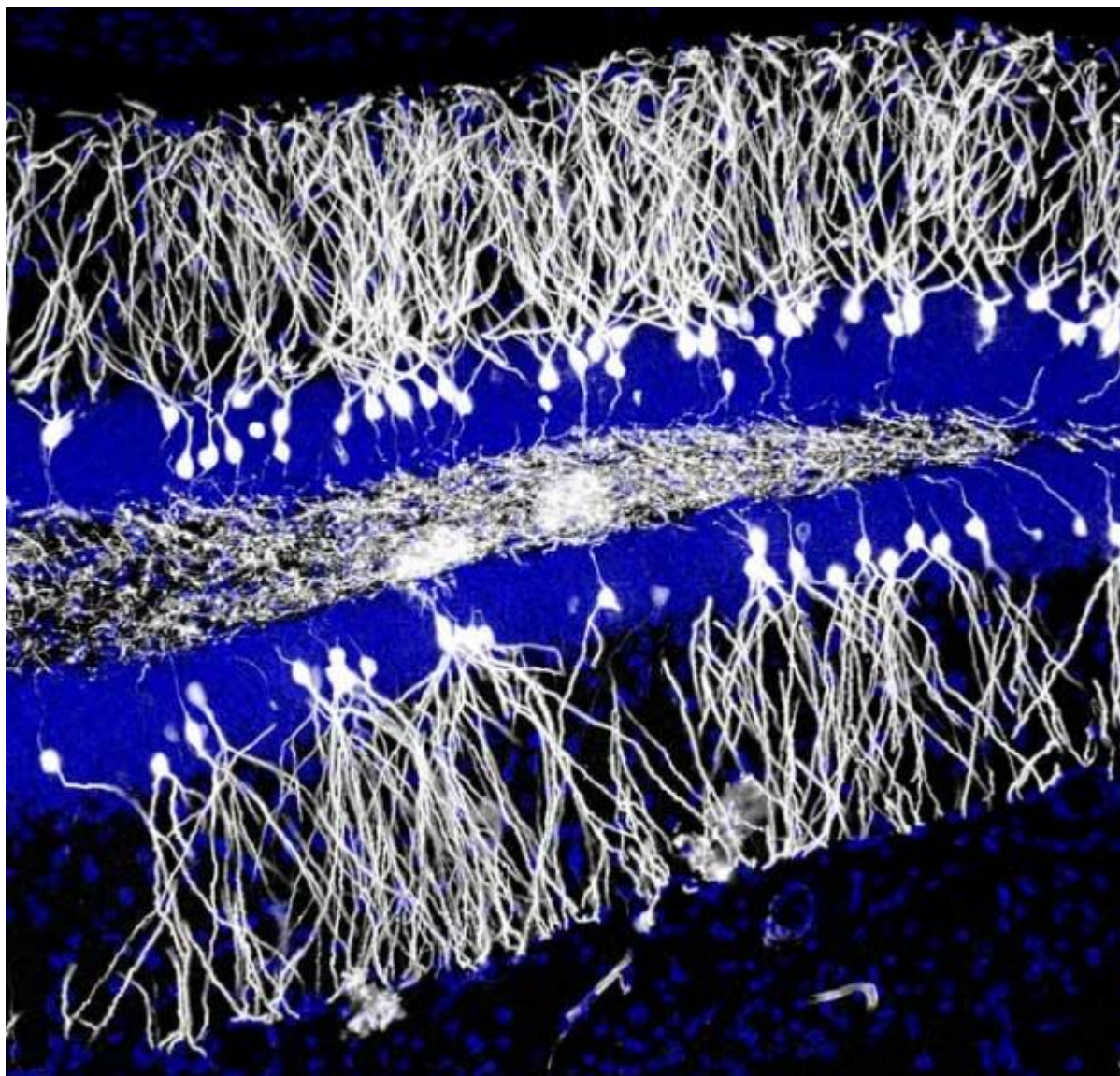
Appendix: How the Brain Deletes Old Memories 8 May 2014 2:00 pm

Memory refresh. Newborn neurons in the dentate gyrus of the hippocampus (*above*) may help erase old memories and establish new ones.

Do you remember your first birthday? How about what you ate for breakfast weeks ago? For most people, such events slip through the sieve of memory, never to be retrieved. Now, the first study of its kind in mice suggests that the brain may clear away that old information in the process of forming new memories.

For the most part, the brain stops producing new neurons—a process called *neurogenesis*—soon after birth. In humans, mice, and some other species, however, *neurogenesis* continues throughout life in a brain region that encodes memories about space

and events, called the dentate gyrus of the hippocampus. In adult humans, the dentate gyrus produces roughly 700 new brain cells each day.



Jason Snyder

Studies in mice have shown that suppressing **neurogenesis** can impair a type of learning called pattern separation, which allows us to distinguish between two similar but slightly different circumstances. One example is remembering where you parked the car from 1 day to the next, explains René Hen, a neuroscientist at Columbia University who was not involved in the new study.

Although the precise role of *neurogenesis* in memory is still controversial, more than a decade of research has demonstrated that boosting *neurogenesis* with exercise and antidepressants such as Prozac can increase rodents' ability to learn new information about places and events. A few years ago, however, neuroscientist Paul Frankland of the Hospital for Sick Children in Toronto, Canada, noticed that some of the animals in his

experiment actually did worse on certain memory tasks when their neuron birth rates had been ramped up. In particular, they performed poorly on tests that required them to retain details about past events.

The result was “way too interesting to ignore,” Frankland says. Because *neurogenesis* surges in newborn mice and humans and then tapers to a slow trickle by adulthood, Frankland and colleagues wondered if that explosion of new neurons could help explain the widespread phenomenon of infantile amnesia—the inability of adults to remember events that occurred before they were 2 to 4 years old. Some theoretical models suggested that new neurons destabilize memories already stored in the hippocampus by degrading the information there, but the idea had never been explored in live animals.

To test the hypothesis, Frankland and his team first compared the stability of memories in adult mice versus 17-day-old mice, which are equivalent to human babies less than a year old. They removed the rodents from their familiar, sawdust-lined enclosures and put them into a box with a metal floor that delivered brief foot shocks. After returning the mice to their cages, over the course of 6 weeks the researchers placed the rodents back in the box but did not repeat the shocks. More than a month later, the adult mice continued to freeze when placed in the environment where they'd had the painful experience. The younger mice, however, forgot the association within a day. The juveniles “can remember for 24 hours, but then they forget,” Frankland says.

Next, the team looked at whether different rates of *neurogenesis* between adult and infant mice could explain the young rodents' forgetfulness. Exercise can increase *neurogenesis* in mice by more than 50%, so the researchers gave a separate group of adult mice wheels to run in. (Left to their own devices, mice will run up to 5 kilometers a night.) They also treated separate groups of mice with drugs, such as Prozac, that boost new neuron birth. Increasing *neurogenesis* by as much as 100% returned the adult mice to an “infantlike” state of forgetfulness in the foot shock test and other similar memory tasks, Frankland and his colleagues report online today in *Science*.

It is difficult to completely eliminate the birth of new neurons in infant mice, but by genetically engineering dividing neural stem cells to self-destruct the team was able to achieve about a 50% reduction of *neurogenesis* in the animals, Frankland says. With less *neurogenesis*, the young rodents acted more like adult mice in the experiment. They froze when first placed in the box for roughly a week, rather than just 1 day, after receiving the foot shocks.

Psychologists have long considered the process of forgetting as key to a healthy mind, yet neuroscientists haven't paid much attention to it in the past, Frankland says. “If you embrace the idea that forgetting is healthy,” then it makes sense that *neurogenesis* may contribute to the clearing out of old memories, he says. Although it's pure speculation at this point, he says, it's possible that one way that antidepressants help people with depression, a condition linked to reduced *neurogenesis*, “is to promote some sort of clearing or forgetting,” he says.

“One has to be a bit cautious” about extrapolating the new findings to people because we don't have a way to measure *neurogenesis* in the live human brain, Hen notes. Forgetting may also be a downside of adult *neurogenesis* because the new memories outcompete old memories, notes neuroscientist Jonas Frisén of the Karolinska Institute in Stockholm. “This is an exciting new insight”.

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'If I want to change my life, my Whole-Self is waiting to support me!'