

The 10 Big Traumas of Human Existence

The human traumas disconnect us from our natural divine nature. Traumas make us forget who we truly are and create self-defense mechanisms. Our ego, or our false, limited identity, is composed of those self-defense mechanisms and overcompensations.

Leonard Orr called these groups of traumas “Biggies” (the big traumatic events of one’s life). The Biggies are the following:

1. Birth Trauma

- a. Rebirthing sessions repair the physical and emotional damage caused at birth as a result of the first struggle for breath. Even though birth itself may be a physical struggle, the traumas are caused by the birthing “professionals” lack of sensitivity and ignorance of the needs of the baby. The main reason why people sub-ventilate when they breathe is repression of the fear experienced at birth.
- b. Pre-birth experiences of the baby, from the point of conception up to approximately 2 hours after birth, are also fundamental, deep experiences as part of the birth trauma. It is predominantly the feelings of helplessness and hopelessness from this time period that can lead to a pattern of future life behaviors that the individual has no conscious knowledge of, and therefore no conscious control over. These feelings are the core of the subconscious patterns of behavior.
- c. Experience shows that if a mother has not overcome her own birth trauma, she may repeat similar complications when it is her time to give birth. Similarly for the father, if he has not dealt with his own birth trauma he will find difficulty in providing the quality presence of love and support. The parents, especially the mothers, usually unknowingly give their power away to unconscious doctors instead of getting a good preparation for birth (including overcoming their own birth trauma), thus missing becoming deeply connected with the baby and following their own intuition.
- d. The arrival of a new being into this world is a sacred moment, and it should be surrounded by love, security, respect, and support. Too often it is treated in hospitals as a routine act, or even a pathology, with most of the supporting staff and equipment set up for the comfort of the professionals rather than for the security, support, and comfort of the mother and baby.
- e. Usually at the time when the mother should be given the respect of peace and tranquility in preparation for the birth, she is instead confronted with the “frenzy” of equipment, injections, haste and complications with such things

as oxytocin, episiotomies, and anesthesia (for the “pain”, or the fear of any pain).

2. Parental Disapproval Syndrome

- a. Children have a natural contact with their own divinity and connection with the source. But they also learn by imitation, mirroring the unconscious unresolved issues of their parents and the people who surround them. Loving and enlightened parents protect the natural divinity and support children in realizing their true nature. Approval, patience, love, and the right guidance help build a child’s self-esteem, while reaffirming his/her natural divinity.
- b. Sources of trauma for the child include disapproval, criticism and lack of guidance. Through disapproval and lack of support a child learns to be afraid of losing the parents’ love. Children then learn to seek this approval by wanting to please. In this way children learn to displace their attention to external figures of authority, rather than trusting in their own inner voice or intuition.
- c. These children can feel they are not wanted and can then show characteristics such as impatience, lack of nurturing, lack of love, blaming others, acting unconsciously, and addiction. These children can become either totally conforming and develop submissive personalities, or they can rebel, since the pain of parental disapproval is more tolerable than indifference or neglect.
- d. Many people fluctuate between submissive and rebellious behaviors. Mistakes in education and a lack of love and nurturing that has not been recognized or overcome are passed down from generation to generation. Unconsciously, many parents “take revenge” on their own parents through their children. Sadly, when adults do not have enough self-esteem, they find it impossible to transmit much love to their own children. Of course, they will love their children, but they will not be able to express it adequately, and thus propagate the issue.
- e. The child internalizes disapproval (or perceived lack of approval), and thus also an image that they believe the parents have of him/her. Whatever the child is told then turns into his/her way of seeing themselves, becoming part of an inner dialogue. Instead of looking to fill ourselves with energy, inspiration, and happiness through contact with the source within ourselves, we learn in this way to get it through other people.
- f. Parental Disapproval is one of the most difficult Biggies to heal, as we are blinded to our own behavior because of our own shame.

3. The Unconscious/Subconscious Death Urge

- a. The subconscious death urge is a psychological structure that contains the most destructive human thoughts, feelings and memories. It is a collection of all the negative thoughts and habits that we inherited from our family, our culture, and our environment that sabotages our lives, often in spite of us and our conscious attitudes.
- b. The death urge will create our death. We have a tendency to repeat what is familiar and what we have learned and observed. Our family or the people that surround us unconsciously pass onto us their habits, beliefs, apathy, depression and subconscious death urges. It is for this reason that family histories or scripts are often repeated: suicides, traffic accidents, depression, sickness/illnesses, etc. It is a well-known fact in life-insurance firms that most people die at the same or similar age and for the same or similar reasons as their parent of the same sex.
- c. Processing your death urge means overcoming victim consciousness and all the thoughts attached to it. The belief that death is out of our control makes us feel unhappy and victimized. Believing that death can reach us at any moment, instead of being aware that we attract it (according to our lifestyle and conscious or unconscious thoughts), means that life can often seem absurd and meaningless.
- d. After a period of using affirmations, we consciously integrate the positive thoughts we are working with, so they become part of our unconscious/subconscious. At this stage we no longer need to consciously think about those thoughts because they have become part of our core belief structure and will achieve our desired results whether we put energy into them or not. (Of course the same is true for any negative thoughts!)
- e. It is easy to be affected by negative thoughts: who hasn't been able to sense the mood of any nearby person, or "feel the energy" in a room? For this reason it is vital to do spiritual purification, and carry out the specific affirmations, as these feelings are very deep-seated and many people carry them unconsciously and pass them on freely. If you yourself are feeling depressed or unhappy and not your usual vibrant self, it is important to take these feelings seriously and treat them with the purification practices.

4. Past Lives

- a. People often have past life memories and integrate past experiences during rebirthing sessions. It usually improves their quality of life dramatically. One of the aspects of the path to life mastery, overcoming the birth-death cycle and physical immortality, is healing of past life memories, learning from our

mistakes made in past lives, and forgiving ourselves to allow us to move on from repeating those same mistakes.

- b. The different lives we live teach us to remember our real nature, until we can master being in the in the physical universe while embodying the divine and becoming one with the eternal spirit (a fascinating game for those interested or aware of this).
- c. Past life therapy is a good tool if it is practiced with the right goal in mind and not used to make us feel like victims of the past or to blame others.
- d. Excellent books on the subject are:
 - i. *Return from Heaven* by Carole Bowman
 - ii. *Journey of Souls & Destiny of Souls* by Michael Newton
 - iii. *Tibetan book of the Dead*

5. Personal Lie and Specific Negatives

- a. The Personal Lie is essentially using your own mind against yourself subconsciously. It is the most negative or limiting thought, belief or feeling that somebody has about him/herself and the universe.
- b. We also have many conscious and unconscious memories that support this lie (until we heal them). It makes us unable to perceive ourselves as divine children of God or the universe. It is the root of separation AND of our ego. It dictates the way we create and interpret our reality and how we misinterpret ultimate reality or are blinded to it.
- c. An example is that a baby may co-create with its mother and father and any of those present after a painful or a difficult birth; all the people involved may share the thoughts "life is difficult or painful," "life is a fight." During the first breath this negative thought gets impressed in the physical body. The personal lie is a thought-feeling that is so painful that we have constricted our breath in order to not feel it, and in doing this it has become part of our cellular memory, creating patterns for life.
- d. The personal lie can also crystallize at the time of conception or during pregnancy. For example, if the pregnancy was unplanned or there was an unsuccessful attempt to terminate the pregnancy, the person may feel: "I am not wanted," "I am not welcome," or "I am in the way." If the parents wanted a baby of the opposite sex, "I am not of the right sex."
- e. The pain of feeling our personal lie is usually so great that in order to avoid it we have developed overcompensations. Overcompensating helps us find a balance and sometimes can be crucial to our emotional wellbeing. Once we have rebuilt our space of trust and have understood that our personal lie is in fact a lie, the healthiest thing we can do is un-mask and dissolve it. One of the most ironic mechanisms of overcompensation is that sometimes the pattern-

thought we do not want to see in ourselves is exactly the pattern of behavior that we cannot stand in other people. We may see it in other people whether they have it or not.

- f. Becoming aware of the instances where the personal lie manifests in undesirable thought patterns and being able to respond to the pattern and choose a desired outcome or consequences is the ultimate goal. Otherwise we may be locked in a reactive state where we are predisposed to be triggered by the same situations in a way that does not serve us every time the stimulus is felt.
- g. Frequently the personal lie also results in a choice of profession that is linked to our overcompensation. For example, those with the personal lie from a difficult childbirth of “my presence hurts others” are likely to find an occupation where their presence soothes then pain of others. However, since this choice was a response to a personal lie, it only leads to passing satisfaction, followed by dissatisfaction.

6. School Trauma

- a. Current mainstream school “education” systems, almost irrespective of culture, do not respect the stages of human development or the uniqueness of each child (based upon their birth and upbringing, as per the previous biggies). The present mainstream education system is a “one size fits all” approach, predominantly due to cost and “this is the way it’s always been done” mentalities. It is still very rudimentary in that in not taking into account the emotional and spiritual development of the child, this results in a more traumatic experience for the child, who often has trouble in dealing with the imposed discipline, and therefore disconnects even further from their fountain of creativity. Children will strive for the approval of their teachers or live in fear of disapproval, punishment or ridicule. This can restrict their self-esteem as well as hamper their creative capacity at work in the future.
- b. Often, a child may fail at a particular subject, not due to a lack of aptitude, but more due to a lack of the appropriate attitude of the teacher of that subject toward that child. If a child feels disapproval from a math teacher (for example), it is likely that the child will start to dislike math as a subject irrespective of his/her aptitude for it. The child may develop a blockage and start to think that he/she is in fact no good at math.
- c. A lack of respect toward teachers is common in the current education system, which causes teachers to react by categorizing difficult students as problem children. However, in the early teen stage rebellion against authority is quite common because a child will try to gauge his/her own personal law and self-esteem (along with interactions with other students). It has been

shown in a number of education reforms in select focused schools with enlightened teachers and principals that when the needs of the children are met in education, the child also respects the teachers. The child's interest in learning is also awakened as duty and obligation are replaced by curiosity and pleasure in learning.

7. Religious Trauma

- a. True spirituality means connecting with the source of life, with your divine nature and doing practices in order to embody this divine nature: your true self. This leads you to see the divine in all that exists, realize your oneness and accomplish your life goal(s).
- b. Religious trauma is composed of false ideas and various dogmas about God, your real nature and the purpose of life. Many concepts and beliefs that have roots in mainstream religion pervade the culture in which we live. The idea of being guilty and unworthy of God's love when you are alive is quite common. The idea that a spiritual life must be one of sacrifice is also common in many religions. Our conditioning is generally along the lines of associating the word "God" with a concept of a God that is usually revengeful, in human form and exists outside of ourselves.
- c. All of this leads us to criticize and judge ourselves, thinking that we are bad, evil, not good enough, etc. This dogma prevents us from looking inside and feeling our innocence and natural divinity.
- d. Most modern religions resort to dogma to impose feelings of guilt or fear on the general congregation. The more that we integrate that God is part of our being, that it is our very essence, the happier, more complete, and giving we become.

8. Senility

- a. Healing senility and old age is probably the biggest challenge of the human condition. When people become senile, it is generally considered that they have reached the end of their lives. It is a feeling of helplessness that is overwhelming for most people.
- b. Rebirthing sees senility as simply another stage in life, just like childhood, adolescence and adulthood. Senility and the "hopelessness and helplessness" of infancy consciousness are the same. During senility we have to heal all of the infancy traumas that we have. This is why people appear to become more childlike during senility. This happens because of many years of repression of the traumas and memories that were not overcome during childhood.

- c. Unfortunately if people feel that this stage is the end of their life, they may be correct. However, a Rebirther sees this as another stage: one that requires a deep and sometimes prolonged healing process to deal with repressed traumas.
- d. Working on our birth script, forgiving our parents and overcoming our childhood traumas, through breathing, affirmations and good spiritual practices can serve to prevent senility. Doing this while we are young (comparatively as potential immortals), developing good habits for life and undertaking spiritual purification further enable us to go through life's changing stages more easily.
- e. Senility can be a healing process for all our infancy traumas created by lack of support and caring.

9. Repression of the Feminine

- a. This occurs in both males and females and results in different outcomes but through the same process. The repression of the feminine in each of us leads to a repression of the intuitive self, and thus also a repressive inner state and society in which we live.
- b. Most people seem to be afraid of their more sensitive, softer and vulnerable side. They repress their feminine qualities such as intuition, sensitivity, vulnerability, softness, listening and trust because they are afraid of being hurt again. We are taught that to survive in this world we must be "strong" and that vulnerability is something negative or dangerous.
- c. We now know that to open ourselves to become more vulnerable actually opens doors to more strength and self-esteem and actually makes us more human. Most women undervalue themselves from an early age, and most men find it difficult if not impossible to accept and express their emotions. The results of this in modern society and the effects on relationships, individuals, communities and the environment is obvious.
- d. With this disconnection it is almost impossible for us to create relationships on any level based on cooperation and love. We can see how all the other human traumas relate to the repression of the feminine. Disconnection from our feminine side it makes it almost impossible to connect to our real nature and to the source.
- e. The birth procedure described in modern hospitals represents an over-masculinization of the birth process, where technology has become more important than the needs of the mother and baby.

10. Repression of the Masculine

- a. The repression of the masculine is the repression of the power to create. The drive is towards the power of the mind, the need to think and solve problems and to know, rather than create. This leads to copious investigation into the nature of things, the “whys,” and a belief in knowing what needs to happen without any connection to what is happening with the energy.
- b. The condition of repressed masculine can lead to a “Savior Syndrome”: the belief that one needs to save the world!
- c. True masculine energy is intelligence combined with the energy (feminine) to manifest and create.