

## **Trauma in the Womb Conference, Johannesburg, 2019**

### **Transcript**

#### Introduction by Melini Moses:

Dr Rani Samuel is a clinical psychologist with extensive experience in the area of emotional healing and wholeness. She works in private practice as a psychotherapist, seeing both hospital inpatients and outpatients. Her work is centred on guiding individuals through their healing journey from a place of crisis to one of greater resilience and contentment. Dr Samuel embraces both the psychological and spiritual aspects of healing. She is one of the few psychotherapists in the country who has been researching and sharing about the topic of trauma in the womb and we are so glad to be able to glean from her knowledge and grace.

#### Dr Rani Samuel ( Session One)

When I was preparing for today, I didn't really know who was attending. So, I thought about all of you and each one of us is in a different phase of our healing. We are at different points in our spiritual journeys.

We ask ourselves different questions and this past week, you know, I had one of my patients, let's call him David because he actually looks like the sculpture of David, and he knows the since birth when he walks through my waiting room can you imagine all the ladies are well entertained. So, I know him for quite a while and, you know, he struggled with many things. He started a new business when he started to see me. He's doing extremely well. His products have gone global. But he struggles with anxiety. But when he came to see me this time I was quite surprised because he's doing quite well. So, I said to him, "You know David, I'm quite surprised when I saw you in my diary." And he sat down. He says, "You know, I've been struggling with a question." Because David, he's not sure what he believes. He's not sure where he is on his journey and he says,

"You know, this whole life and death thing, I want to understand it. I want to unpack my beliefs. I'm not sure if... There must be a creator because his work is very creative." So, he says there must be a creator. So, I said, "Okay, we'll spend the session discussing this." And we went through big life questions like why was the world made? What is this? Why earth? Why humans? Who is God? He wanted to look at questions like that and I think we all do. We're all figuring things out. And in the end of the session we had a deep talk and he said, "You know, I'm still so confused. Why don't you tell me what you believe?"

And I said, "Well, that's not really appropriate for psychotherapy. I'm your psychologist." He says, "Well, you know me for four years and I insist." So, I said, "Okay, you ask the questions. I'll answer." So, he did and I proceeded to tell him what my beliefs were as he asked and then at the end he says, "Well, I like some of the things you say so can pick and choose what I want and I'll add my other bits?" And I said, "No, it doesn't really work like that, you know." So, I will continue to see him but what I want to say is you know this is [inaudible]. It's a pause in your journey. See this as an invitation to come, to sit, to consider, to contemplate where you are, what are your questions and perhaps today, you know, we starting at the beginning of a journey.

When you were a child and I hope someone read you childhood stories or you read your own, and everything starts with once upon a time long, long ago. But it also in the great book it starts with, you know, "in the beginning." So, we all have beginnings and where is that beginning? And that's part of what I want to unpack today. So, a little bit about myself. As mentioned, I'm a clinical psychologist. I work as a psychotherapist. So, that means I don't do assessments. If you come to me, you're not going to get many tests but I will give you a journey and it's a journey of building a

healthy therapeutic relationship and exploring your life and containing it and moving you towards purpose.

Now, this particular area of trauma and speaking about it from both a psychological and a spiritual point of view, you know, I was thinking 20 years ago I would probably suffer professional isolation for bringing a topic like this to the fore, to say there's a spiritual link with this. But I think this is the right time. So, when did I first become aware of this topic? And it's interesting. I became aware when I was in training as a clinical psychologist. So, you know, I do your master's and part of that is to attend a hypnosis training. Now, I was very sceptical about hypnosis and I think I was also afraid. But anyway, it was part of my requirements, so I went for the training. So it was only qualified psychologists that attended and we had two experienced hypnotherapists taking us through the various processes. For me personally, you know, I was going to attend as an observer. I didn't want anyone dabbling into the inner doorways of my psyche. And for me, I said, "Okay, let me go with an open mind."

And I experienced the many phases of hypnosis during that time, but the session that intrigued me the most is what we call 'hypnotic regression.' So, regression is a technique similar to time travel. So, we can go backwards. So, I think I just thought, "Okay, let me observe this." So, of course I was not going to volunteer to be the subject but let's call her Sarah. She was a very esteemed psychologist in our community and she volunteered to actually undergo the hypnotic regression technique.

Now, in psychology, in medicine in general, you know, we have a lot of respect for our colleagues, for our seniors, people that are accomplished in the field and Sarah was one of those people to us. And when they asked her, "Why do you want

to undergo this technique?" And she said, "My whole life I've never felt good enough. I suffer with high anxiety. Most of the time I lack confidence." Now, that was very interesting for someone we saw as well put together and polished as a person. And she thought she could find some clues with going backwards. So, during the hypnosis session, you know, you're placed in a deep relaxed state and you start traveling backwards. And for her she went and activated childhood memories and preschool memories and then at one point she stopped talking and she placed herself, you know, like swimming. You were buoyant. You're in a suspended position. And she started to talk like a child. And she started crying and saying, "I'm scared. I'm afraid. Nobody wants me." And this continued and she was visibly distressed in the session. So, you know, we closed the session. We brought her out, or the head of the training did, and then asked a couple of questions because clearly we felt we had experienced a womb experience because it was childlike. It was talking in childlike soft tones.

And what we learned was that Sarah knew nothing of her mother's pregnancy. It was never ever spoken about and the task for her that evening was to go and find out. Now for me as a very young psychologist, this totally intrigued me and I have always had my concerns which were seen in the workshop again because, you know, hypnosis... I've seen people become completely undone in hypnosis so it's not something I would. I don't practice hypnosis. It's not something I personally would recommend unless it is done by somebody who watches over your soul and there aren't many people like that. So be careful. I'm not suggesting it here, you know, to open yourself up to it but this was part of my training and it was what I saw. While this must be, you know, some very well-trained hypnotherapist, I would say this is a soul issue. And if you trust that person with your soul, yes, then you can proceed. And personally, I won't do it myself but that's me.

So, it's interesting. We all went home that day waiting for Sarah's revelations in the morning and she came back and she said that for the first time she had a heart-to-heart conversation with her mother and what her mother revealed was that when she was conceived the father did not want this child, did not want Sarah. So, it was a terrifying time. The mother was alone and they were recently married but the father didn't want a child. They had actually discussed not having children immediately and the father left so the mother was alone for the entire nine months of the pregnancy. And she was depressed and terrified and she actually admitted to trying to abort Sarah several times.

So, all of this had actually happened but interestingly on the day of Sarah's birth the father returned. He came to hospital to see her, to see the baby and from that moment the mother and the father just continued never to speak about this and Sarah had no idea that this was her early story. But clearly no matter how accomplished she became, this was coded into her being. Feeling unloved, feeling unwanted, highly anxious. So, everything in her senses. And she lived this out. So, you know, I think it's so important to reflect on our early stories because we never really think about it, do we?

You know, preparing for this workshop, I was forced to think about my own journey. Like, where did my story start? But think of yourself. I mean, none of us think about the moment of our conception. We don't know much about it or just being two cells multiplying, becoming four, becoming eight in your mother's womb. Becoming millions. Developing your face, developing your hands, your legs, your limbs, hearing your mother's heartbeat, growing, you know, right until your time of birth. I mean, on the day you were born, was it a day like this? Was it, you know, what did your mother do that morning? Where was your father?

So, you know, a whole lot of things. And I think we need to pause and consider that today. What was our story, where's our "in the beginning"? So, I hope you would do that. But I wanted, you know, so this happened like more than 20 years ago and I did not know what to do with that information because i think for me the world was not ready for all of it and neither was the church. The church was not ready to hear things like this, that these things happening, invisible interactions going on because there's a genuine spiritual dimension to this as you've heard this morning. And I'm gonna go deeper into that.

But a few years ago, probably about two years ago, I just want to tell you about this case that brought this back to the forefront of the class for me. I'm just going to call him Jason. He was 25 years old and he struggled with cannabis addiction, depression, debilitating anxiety. I mean, he could barely speak. He stuttered, he stammered. And he's an artist, he's a graphic artist and a very good one. So, he can communicate creatively but one to one was really tough and he was admitted several times for the addiction, for the anxiety and that's when I started to see him. But the current admission, say probably two years ago, he had a breakup with his girlfriend and he felt completely suicidal so he was admitted just to contain him. And, you know, this breakup was like devastating. It was gutting and as a psychologist you will know when the response is of such high intensity to what is actually happening, you know that something deeper is going on. You know, over the years you figure that out. I know when something far more intense and something early is going on but this was a painful separation.

So, in hospital, I said to him, "Jason, why don't you just draw me?" You know, he's a graffiti artist. So, I said, "Draw me what's actually going on Inside. Draw me a picture of your insides." And what he drew me was a very sad face and prison bars and the number 25

which is his age written and he said, "I am imprisoned and 25. I have a life sentence to my anxiety and to my depression and it's never gonna get better." And that's how stuck this young man was.

So, at that point in time his parents were undergoing a divorce and the mother was asking to see me and which is part of what we do. We see family. But she said to me she's got some important information to tell me about Jason and what she shared with me was that they came from a small conservative rural community. Perhaps many of us came from places like that. And the mother had had an affair and Jason was conceived and there was all the scandal and talk in the town. So, her husband said, "We will keep this a secret and you have to keep it a secret for all your days. On that condition, I will adopt this child and he will be like mine."

So he had a very different paternity and when she told me this now I remember this was a divorcing couple so they couldn't communicate with each other and it was my task to actually share this information with him and, you know, we were sitting together. I could still imagine it in a small consulting room in the hospital and I said to him, "I have something so important to tell you about your story and it's going to change everything." And really didn't know how to open with this and I needed a lot of wisdom and I said to him, "Your father is actually your adoptive father." And there's a cry that comes from like an ancestral cave when things like this are cracked open. And, you know, we call it a primal cry. It's a cry of longing and loss and depth and recognition and that's the cry that he just emanated was like, you know, an animal in a cave and he whipped from that place, just him and I sitting and I just meant I sat next to him. I put my hand on his shoulder and we just stayed like that. And then began the healing process. You know, the grieving. There's a lot of grief work. The forgiveness all of that came and there was deep emotional restoration and, you know, now this guy is healed completely and I can't figure everything out.

You know, sometimes psychotherapy can take years. This was in a short period of time. And I don't see him anymore. He's well. He's fine. The stuttering is gone. He doesn't feel alienated in the world. He knows he belongs here. He's purposeful. He's succeeding in his career and this for me just once again brought it right to the fore. For 25 years he knew that he was an unwanted child, that something was wrong. He couldn't put his finger on it so here's another case and, you know, I can give you case after case, but I hope this will get you thinking.

So, let's talk about you. Okay, let's do some introspection on your conception. Think of your mum, okay. I hope you know her. But I wonder what the first response to the news of pregnancy about you was. Was it positive? Was it negative? Were they ambivalent about the news that mum was pregnant with you? I'm wondering if your mother was well supported. Whether the people were excited around her or did she feel isolated? Was she afraid? Was she anxious? What was her level of stress? Was she cushioned and loved? Or was she just terrified? Was it a time of celebration or was it a time of trepidation? Was this a planned pregnancy? Whether you were planned pregnancy or whether you were a surprise. Were you a teen pregnancy? Was there sexual abuse in your conception? So, if you could gather the emotional state of your mother at that time. What about your father? What was his response? Was he afraid? Was he a teen? Was he celebrating? Was he terrified to tell his parents what was going to happen? Was he the perpetrator of abuse against your mom? What about the family? How did the family receive you? Were they rejecting of your mother of this news? Were they supportive or were they dismissive? Did they pretend it was not happening? What about finance? You know, so often I hear parents tell me, "It was just one more mouth to feed and we didn't know how to do that." Do you know the impact of those words? You will spend the rest of your life proving that you



deserve to be here, validating yourself if you were just one more mouth to feed.

The other question I hear often in my office is people would tell me things while in private. You know, the mother will confess, they will talk about the child as 'it'. "What shall we do with it?" Imagine if you're named as 'it' in the beginning. You will have doubt for the rest of your life about your worth and about your wholeness and definitely if there was talk of abortion or if an abortion was attempted that brings a whole different dimension. And, you know, as I continue with my talk the foetus feels and get this thing from the abortion carries the emotion and I think very importantly what was the spiritual environment at the time of your birth? With teenagers who didn't figure out what they believed in, was there conflict? Was it two diverse belief systems? And they were planning a wedding. You know, as they say, a shotgun wedding. I've never been exposed to guns. I don't know much about that term but these are your questions and today you get to consider it. I mean, where did trauma start or where did your blessing start? You know, it can be positive or negative what happens in the womb.

Okay, I see I've got you thinking. I can see it all around the room. So, I'm glad. So, let me just talk about the two concepts. I mean, this word trauma. What is this word trauma? It comes from a Greek word which means a wound so they could be wounds. Trauma could be physical or it could be emotional and what I'm talking about today is the emotional wounds and what is it caused by? It's caused by violence. Violence doesn't have to be just physical. Calling someone, it is violence to the soul and I want to tell you part of working as a psychologist, you know, we work with trauma every single day in all its forms and the first thing that a person wants to do when they are traumatised is they want to eradicate it. They want to banish it from consciousness. They would like to bury it somewhere and it gets buried for long. It gets buried for decades

until something happens now that will activate this whole cycle. But, you know, trauma is such that it cannot be buried and it won't be denied. It will surface. You know, we use the word 'unspeakable' when people come and sit across me in my office. The things that they start sharing was once unspeakable and that's what trauma does. We silence it within us but to heal we have to speak it.

And this probably you can relate to. I mean, we live in South Africa. We're traumatised in so many ways daily. I mean, you open the news, you open the app and it's there. Every headline. And you know how trauma comes in. It first comes in through our senses. We hear, we taste, we feel, we touch, we smell. I mean, if there's been a shooting we remember the sound. We remember how we feel. That's what the foetus goes through as well. It goes through its senses and spiritually you will see that is the point of entry is our senses.

Now, we spoke briefly about the word 'uterus', right? The womb, uterus in medical terms, a hollow-shaped organ. But it's interesting, in Hebrew the original concept is the word which means a place of compassion and mercy, protection from all harm. It's the safest place for a baby to grow so imagine violence in a place of compassion. That's what trauma in the womb is about. It's like destruction of your purpose, even before you arrive. How strategic is that? To destroy your destiny before you make an appearance on the earth. I think that's incredibly intentional from a broad spiritual landscape.

Okay, is it digesting? Is it going in? Soaking? Okay, now many Scriptures have been shared already but I want to just share two, and I think this one is especially relevant for this teaching. It's relevant for our country. It's relevant globally. And I think it's relevant for you.

So, it's Ezekiel 16: 4-6. Okay, so let me read it out. You can just listen. It says, "On the day you were born, your cord was not cut. Nor were you washed with water to make you clean. Nor were you rubbed with salt or wrapped in cloths. No one looked on you with pity or had compassion enough to do these things for you. Rather, you were thrown out into the open field for on the day you were born you were despised. Then I passed by and I saw you kicking about in your blood and as you lay there in your blood I said to you, 'Live'."

Live. What a powerful word. If you go to your Bibles, you will see the word live is in bold and it has an exclamation mark. And if I could sum up this entire teaching it's about to live again, to connect with your purpose. This word must be pulled down into your life because this must be life-giving. Okay, and the one you know so well but it's really one of my favourites is Jeremiah 1:5. "Before I formed you in your mother's womb, I knew you and before you were born, I consecrated you. I appointed you a prophet to the nations."

I asked all my patients this. I said, "You know, when they want to talk about these things..." Of course, I serve a cross section of beliefs. I have from the atheists to you can go on the spectrum but they want to talk about this, you know, and especially when a patient is highly suicidal. And suicide is the escape. It's like I'm better than being here. I'm going. And my question always is where are you going to? Where is this point of escape? It may feel like it's better than here but where exactly is that? and then this whole discussion about beginnings and endings comes about. But I want you to know if you're known before you are known in the mind of God, before your conception. So, it's before the foundations of earth you were formulated and conceptualised. Your spirit being was. The womb is an incubator for your destiny. I mean, therefore you know this whole abortion thrust.

You know, for me I deal a lot with post-abortion trauma and it's some of the worst kind of pain that lasts decades but there's healing for that too. I want you to know, and I love this, we were all appointed and consecrated. Consecrated means that you are holy and you are sacred that you are ordained for purpose. You are set apart. You are dedicated. That's who you were before so when you come into the womb you are earmarked for destiny. And what happens in the womb? We go from consecrated to desecrated. All these traumas, all these things that happen, sometimes because of the immaturity of our own parents. Believe me it's not always intentional. There's a lot of immaturity that leaves the foetus unguarded so today we're going back to clean up those desecrated places. That is what I wish to do.

When I usually prepare presentations for my medical presentations, I have this neat little PowerPoint presentation. But believe me when you do a presentation like this you have like 10 pieces of paper and every day you've got something new to add. So, last week I went old school and I bought a book and I started writing in it to put all my thoughts in one place. So, what I want you to understand now is - this may be a refresher for some of you - but how do we conceptualise ourselves as human beings? And I want you to understand that the foetus has the same and I've called it the architecture of being human and what I'm talking about, there is spirit, soul and body. So many of us just see the foetus as a body and that's what we call it. A body. A foetus. It's so distant from it and therefore we can make so many arguments to dispose of it because it's just a body. And women would say, "It's my body. I can do as I please with it." No, it's not your body. It's a separate body within you who has its own spirit, soul and body. So, it's a very elegant balance is what I'm saying. It's spirit over soul over body. So, think of yourself. Firstly, what is spirit, what is soul, what is body? I mean, do we ever like seriously consider it?

So, I'm going to throw some thoughts out to you. For me, the spirit and you can find enough biblical reference for it, your spirit is a deposit of God's divinity in you. Okay. That's what spirit is. It's an empowerment. You can call it God's divine nature deposited into you. It's a spark. It's ageless. It's indestructible. I have to often counsel people who have suffered great loss. They've lost a child sometimes, they've lost a spouse and this is what they want to talk about. It's like, where is my loved one? The spirit of a person never dies. It crosses over into another, to back to God. It's like, you know, the river always entering the ocean. But your spirit is ageless. I want you to know our bodies can die but your spirit will never die and, as I said, if God is the ocean your spirit is taking almost a bucket of that ocean and pouring it into you so you get that that's what your spirit being is. Your spirit has a mind. It has a will and it has a heart and I'm gonna go into that a bit later but the heart of the spirit is love. It only knows how to love. Perfect love casts out all fear and that's the love in your spirit being. So, what about your soul? What is the soul? Your soul is like a bridge. It translates from the spirit to the body. So, it's that transitional bridge. Your soul is perfectly constructed to dwell in your body. It includes your thoughts. It has a will. It has a heart. And in your soul is where emotions lie. You won't find Scripture referring to emotions but the heart of your soul is the emotional centre. You know, we've often heard the soul is the seat of our emotions and this, for me, my metron of grace is to work with emotions. That's where I've been graced. I've been trained. I've been put to my own tests. But the heart of your soul, if not under the rule of your spirit, will be full of fear and that's where the enemy will go for your emotions.

And we are so unguarded and untrained in our emotions, in our souls, so your body, you know, is physical and you know what is really interesting, when your body suffers you must check your

emotions. The enemy can't come to your body. It comes through your emotions that will manifest in your body. Anyone who first comes to see me with an illness, they come with bodily complaints. "I've got a headache. I've got a backache. I'm not sleeping, full of anxiety, my heart is racing."

But if you backtrack and go to the emotions, that's where you will find some root. Okay, so I want you to just register that. So, as I said, the order is spirit, soul and body. So, your soul is supposed to come under the rule of your spirit and your body should be under your soul. So, that is the elegant balance of it all. So, who is this enemy of our souls? How well do you know the enemy of your souls? Because the enemy can't come for your spirit. The spirit is the domain of God, so your greatest point of vulnerability as a human being is your soul. It's where your emotional life resides, in the heart of your soul. Now you must remember the enemy of your soul is a servant. What do I mean? You need to understand the nature of angels and their relationship to your soul. Who's an angel? Biblically, an angel is a ministering servant and it's a servant of your soul and not your spirit. The spirit is the domain of God. Angels have no jurisdiction on your spirit. So, as I said to you, your soul has a heart and if angels were given dominion over your souls and to minister to it they cannot only minister to it but they can also exploit it. They can abuse your soul in the area of your emotions and I want you to know your enemy knows your human soul better than you know it and I will go to that just now.

You know, most of us think the enemy of our souls is unsophisticated. You know, we walk into a church or you go to meetings and people think they can deal with this in a very casual manner. I want you to understand the enemy of your soul is sophisticated, strategic, intentional, precise. Very calculated. As I said, if we can get you in the womb, destroy you and destroy your destiny. For me, that is a well thought out intentional plan. You

know, we had the term a 'surgical strike.' It's a war term, where you come in and there's a surgical strike and you move and, for me, womb trauma is like a surgical strike. I come in. I destroy something. I call you unwanted. I install it in your system. And you will suffer the consequences for the rest of your days.

Now let me tell you why the enemy should not be taken lightly. Number one, your enemy is invisible. You know, humans, we are limited by time and space. How do we fight an invisible enemy? You know, that's like nerve gas coming through this room. You can't see it. Now, that's the enemy that traumatises our soul. Highly invisible, stalking you, waiting. You must remember the enemy has had a longer life span than you. Satan was in the garden. So, it's mapped and tracked you and your Generations, people that you do not know, for centuries. It's mapped and tracked you generationally. So, how much more of an advantage has somebody who's lived far longer than you? So, if you work in a company and just say you've worked there 25 years, you have what is called intellectual property, don't you? So, you're a long-serving employee. You understand things. So, imagine an enemy that knows you from the garden. It knows all your patterns, all your predecessors. It has mapped and tracked your ancestry from generation to generation. So, do not treat your enemy casually. And what does it do? It forms a dossier. It forms a file of information about each one of us, all our consistencies and our inconsistencies, and then strikes. So, the plan against your soul is intentional and very often it will start in the womb because you are the largest threat, because you've come to effect God's plan on earth. So, you are the biggest threat of all. So, what I want you to understand this morning is that the enemy, you've heard it before, operates in schemes. And the schemes of the enemy against the unborn child. And what is a scheme? A scheme is a strategy. It's intentional and it's executed. You know, I have a patient who's a doctor and she's a specialist and she was telling me about the intricacies of conducting

a biopsy. And she was doing breast biopsies and think of that needle going in and getting a sample. How strategic? How penetrative? And I want you to see that as what happens to an unborn child. It's like something penetrating, depositing something or extracting something, and it's done. So, as I said, the goal is to create turmoil in your emotions and how does it come as an adult? As an adult, it could be the end of a relationship. It could be death. It could be divorce. It could be a car accident. It could be a robbery. It could be a retrenchment, an invasion. It could be violence. It could be rape. And what happens is, when something happens as an adult and you go through these senses and you feel it in your five senses, it immediately activates what happened in the womb. So, suddenly your emotions are so out of control. It's because the current will activate what happened in the past. So, yes, you were robbed, and it is traumatic but it activates something else that will take you out completely. And then what happens? You are so overwhelmed that you start thinking, "Should I even be here?" Because suicide thoughts enter.

You know, a lot of people say to me, "I'm ashamed to admit that I've had suicidal thoughts. I have thought about this. I may not act on it." I want you to know today that those are not your thoughts. Suicidal thoughts are not your thoughts. They are the thoughts of the enemy because the goal ultimately is to assassinate you and end your purpose. So, do not ever think suicide is your thoughts, you know, and suicide is a spirit because you will find if you map and track suicide... I once worked in an area where 15 teenagers died over a six-month period. So, it was a spirit hovering in that area. They were all they were all killed in that area and they were all between the ages of like 14 to 18. There's a lot of things we don't understand. So, I want to tell you about the three main wounds that will come to you in the womb. Okay. The three wounds in the soul of an unborn child. There's rejection, there's abandonment and there's fear. Those are the three big ones. And I



will elaborate. When I was writing these terms down it felt like emotional terrorism to me to live with rejection, abandonment and fear. And I think at the heart of so many of our lives we feel we don't belong. We feel there's a part of us without value. We'll achieve great things and question whether we deserve them. And that's where it started. I call it the triad of terror because it's emotional terror against you and you know it can be embedded in the womb and activated decades later.

So, what is this word 'rejection'? You know, rejection comes from a Latin.

root word which means 'throw back'. Let's throw this back. It's unwanted. It's away It's shunned it's dismissed. Let's refuse this child, you know. And there's a great element of shame in rejection. And how many of us have experienced rejection over time? You know, as humans we have a great need to belong, to be part of a family and to belong to each other and to belong to God. We have a great need and if the enemy can install rejection against you... You know, you need to understand the things I'm talking about is almost curses against the unborn child. These are curses that are installed and you live out this curse. I mean, you know, the rejected person always wants validation, wants approval, wants to feel valued and important. They have no worth. They have no trust.

I mean, what do you think social media is about? It's saying, "Look at me." That's what it's about. What are all those filters about? Nobody looks real anymore. But it's saying, "Look at me. Accept me. This is who I am. This body obsession. But inside, this chronic emptiness. This chronic aloneness. And when there's rejection... I want you to understand rejection is a spirit. And what do we have? It's like you carry the spirit of this unwanted child. I mean, that case I gave you, that was the spirit of an unwanted child. You know, the other spirit is a spirit of abandonment and a spirit of fear. And as you reflect on your own life, I'm wondering what you are

carrying. Are you carrying rejection? Did it start so early? Are you carrying the spirit of an unwanted child? I mean, in our country we've got thousands of children. Our prisons are full. Our level of trauma... I mean, these are children that feel they are so unwanted and it started so early. Let me tell you a little bit about how abandonment is different from rejection. Abandonment is a complete desertion emotionally by parents and the adults in the world. There's a forsaking. We have a syndrome called the 'abandoned child syndrome'. It's where you have the death or the loss of one or more parents. It's where there is a total lack of supervision. There's no provision for this child. These children are sleeping on the street. So, they abandoned. There's no provision, no support. There's often sexual abuse by one parent towards the child.

I saw this recently so clearly. I was treating a man of about 30 years old and he was a child of a prostitute and he told me, you know, she was an addict. She was a prostitute and he lived in this environment where he would sit on the side of the road. I mean, she was gone off with some guy and he would sit there waiting for every car to come by, hoping that would be his mother. Let me say that again. He was a child of a prostitute and he would sit on the side of the road waiting for his mother to return after she had seen one of these guys. I mean, little boy, probably six years old, five years old, sitting in a dark cornered street in the darkest part of the city alone, waiting. That's abandonment. And he had siblings. His mother had other children and what had happened eventually was that one of his step-sisters ended up killing the mother because there was so much of trauma. And yeah, he came and he was struggling. He was struggling to be somebody. He didn't know who he was and he came into hospital and he doesn't know who his father is. His mother had abandoned him and now, he was much late. He was 30 years old when he was dealing with all this. He grew up in an orphanage and so can you imagine what that must

be like, to be abandoned. And I have no doubt some of you sitting in this room have similar stories to tell.

And the third one is a spirit of fear in a child and this can live forever in you. And, as I said, new trauma taps into this old trauma. I mean, it's only bringing this dealing with your emotions in your soul and bringing it under the control of your spirit. That releases you from rejection, fear and abandonment. And I'm going to share how this workshop is also about the how. It's not just talking to you about this concept. As I was preparing this information, the picture that was given to me was of building, a house. So, just say you own... I see lots of lovely properties in Johannesburg. So, you know, you're living in this house and imagine when your house was being built an alien took occupation in the foundation of your house and you didn't know this alien was there. It took occupation, made himself comfortable and all of it. And you build this house and it's a beautiful house and one day there's a storm and the roof flies out and at the same time there's a fire in the basement. That's how trauma is. You can live with this your whole life and not know what's rooted in the basement.

### Trauma in the Womb (Session Two)

A lot of the time I think the work that I do is surgical. You know, I have a lot of contact in the medical world with surgeons with cardiologists and it's very precise, the process. And I think, for me, emotional surgery is very real and in a way that's what I'm doing with you today is I sit one-on-one in almost the luxury of my private practice. And I assure you it's a very neat life that I have. And somebody asked me, "Do you have a business card?" And I'm very fortunate that I don't have to do those anymore. With psychologists, our inbox is so full and it remains like that.

But for me coming to do these workshops, to leave the comfort of my private practice... The word for me was go and do this one-to-many, because in my practice it's one-to-one. And in a way, for me, emotional surgery is busy happening and it's the hands of the Holy Spirit. I'm watching you. I'm looking at your faces. I know how deep this goes. It goes to the very heart of your soul. So, what I want to talk about now is a little bit more about the architecture of who you are. So, the spirit and the soul. Mainly, I want to talk about because the body... We know the trauma in the womb is a scheme of the enemy against the unborn child, against the soul of the unborn child. So, this is not just some biological bundle of cells. I hope you realise now it has a soul and if we can go and traumatise the emotions in that soul, it can be coded in for a lifetime and that's what happens to many of us.

So, I just want to lay a deeper foundation about the spirit and the soul because I think this helps you, even as adults. And to understand this type of trauma, I said to you that the spirit and the soul, it's like in tandem. The spirit has the mind and your soul has the mind. Now, what is the mind of a spirit? So, just say something happens to you. You suffered a job loss. How does your mind process that practical situation? So, you can look at it from the mind of your spirit or you can look at it from a disconnected mind of your soul. So, your spirit will process everything from... How can I say? The mind is an organ of perception. I deal with the mind. The mind is about how you process reality, what is happening in your world. So, do you process your reality from eternity? This is happening to me but how do I position what is happening to me in terms of eternity? If you are functioning from the mind in your spirit, you will process things from timelessness. Like you are positioned in... You come from timelessness, you know your world. When I look at anything in my life, you know, for me it's yesterday, today, tomorrow under the umbrella of forever. I'm playing my part under the umbrella of forever and so are you.

I think if you function from this, the mind of the spirit, you will never see yourself as some insignificant blob on the timeline. When you function from the mind of the Spirit, your economy of how you function on earth, you know, you would never have to forage for anything again for a single day of your life because you are positioned. Now, you must remember the enemy aims to steal all of that from you and create an orphan in you, right from the womb, even though you born to parents. So, what is the mind of your soul? I've told you about the mind of your spirit. If the mind of your soul is not submitted under the mind of your spirit, what you will be is your reality. You will process everything in terms of your five senses. How do I feel about this? What do I see? What do I touch? What is the sound like? And you will be in this world like an orphan and you will say to yourself, "I can't trust God. I must provide and I must protect myself." And that's what happens when the trauma starts in the soul of a child. It comes out feeling rejected and unwanted. It has no concept of eternity or timelessness but it will come into this world alone, feeling disconnected and you'll be very focused on time and space and how you function in it.

If you function from your spirit, from the mind of the spirit, you will know that God is your father your protector and your provider, the creator of all things and that you have a purpose and the aim is for you to be fruitful in the earth. But when you function from your soul, God is your enemy. You don't trust God. You go and hide in the garden. Adam hid from God. He says, "God is your enemy. I've got to hide from him." So, a lot of people come to my practice and say, "I'm angry with God. I can't trust God." I go from high level talks to that in my practice. It's like, "No, no, God has hurt me. God has abandoned me. Why would he allow all this to happen in my life?"

God is not human and he doesn't think as a human and how he sees. If your life is a river, God stands at the end of the river and looks at the total function of your life. You and I stand in the middle of the river and wonder, like what is going on? So, I'm saying today as you sit here understand that when trauma starts in the womb, the whole idea is to birth orphans from the womb. Even though you have parents, that you feel lost and misplaced in the world. The soul is.

Being in Johannesburg, people often warn me about the, what's the disease of affluence and making ourselves so comfortable in our souls? And for me it's likened to if you're functioning in your soul, you you're still on the Titanic. So, maybe you have the presidential suite and maybe others are sitting on the deck, but the Titanic's going down. If all you are doing is functioning from your soul, if you don't know your identity, if you don't know that you are from Eternity, that you're the sun, then we all on the Titanic. Okay, so I told you about this mind. We talk about the world all the time. What is the world? I deal with the world. It's where decision making happens. It's said that you have free will. So, for me, the spirit has the will and your soul has the will. So, if you're functioning in the will of your spirit, you will have access to a divine intelligence in making decisions. You will know that you can use divine resources to make decisions you're not just some lost castaway on this planet. And you will rely on heavenly resources. You will trust God, not just these mansions in heaven and storehouses. No, He's the storehouse. We trust Him. So, that's how you will make decisions. If you're connected to the will of your spirit but if you see yourself as disconnected in this world, you will only rely on yourself. You will see yourself as vulnerable and you will need to provide and protect yourself. And that's interesting. When we suffer trauma, we think we're alone on this planet. We think, "I can't rely on anybody. I can't trust anybody." And that's what trauma does.

The other thing is when you submit to the will of your spirit, you understand that you have a purpose and you understand that God is the architect of your destiny and that's what you will pursue in earnest. It's not about you. This architecture has been laid down but when you function from your soul that is disconnected, you will have your own vision for life and that vision will hit itself against a wall. This is not only in corporate. It's in the churches, in every organisation. Ambition and your own vision. You will see yourself as the architect of your own destiny. So, what will you do? You will labour and you will switch. You will empower your own soul and you will exhaust yourself because that's what burnout is and that's a reality for most of ourselves. We're running a treadmill. And that's because you're operating from your soul. And if you came out of the womb traumatised, you will spend your whole life proving that you are somebody. You want to be somebody and people must recognise you as somebody. You know how exhausting that is, to prove that. And people make a life of it. They want the awards and the trophies and it still won't feel enough. They will still feel something is missing because you're functioning from the Titanic. You're functioning from your own soul.

But if God is the architect of your destiny and if you understand in the will of your spirit that you have a purpose and it's perfectly ordered and you're willing to fall in line with that, then this is an absolute adventure. There is absolutely nothing to fear. If it's ordained, that if you're not running ahead with your own vision. For me, it's like what an honour to be on this journey. So, the last point there regarding the world, how you make decisions. If you make decisions from your soul, you will see yourself as the powerhouse of decision making. You will end up controlling other people. You will manipulate. You make threats. You'll get your validation by association. So, if you're standing next to an important man, you will form linkages. We see that in all the public media photographs. He's seen with so and so. You will join networks but there will be a

lot of jealousy, envy and competition in your soul. Okay, but if you function from the will of your spirit, you will understand your power comes from the spirit of God, from the gifts of the spirit and you will be very much at ease in the world because you'll realize it's not about you. You're on mission. Like for me, I see myself seconded to present this. It's a secondment from my practice to come out and actually present this to all of you, but I understand it's part of my purpose and I never rushed ahead with this. I sat with it for more than two years and I went through all the protocols before I come to present it with you. I'm not some loose cannon that just arrived here today. There's a host of background and formation that went into this. Okay, so hope you're understanding now the soul and the spirit a bit more. But I want to come to now the heart. This is where the emotions lie. This is my metron, as I say. So, your spirit has a heart and I say to you it's full of love. It functions from love. You're so separated. The heart of the soul can be full of fear. So, even when you're competing and becoming somebody, you're afraid that someone is going to exceed you, that you always have to compete. You have to come up with the next clever idea to stay on top of your game. That's functioning, you know. That's the fear in the soul. So, I want you to know today...

A lot of people tell me they are very logical and they are very reasonable and that's how they make decisions and I'm so happy to see so many men here because men will come and tell me how unreasonable their wives are and how emotional they can be and we have to wait for them to calm down before we can talk reasonably. Well, you know this is something I know about. I want to correct that and say every human decision is based on emotion. Every single decision you make is based on emotion. You justify it with your reason. What do you think driving that little red car is about? Reason? No, you buy the little red car and you come home and say, "I got a special price on it." Same goes for women when we go shopping. We'll say we bought it on sale, so we saved you a



ton of money. But every single decision is made emotionally and we will justify it with our reason.

So, as I said, if your soul is disconnected and if you suffer trauma, you will make decisions based on fear. That will be the motivation and your enemy knows this. He knows it that you function from your soul and from emotion. And, as I said, your enemy angels were ministering servants over your soul and he will control you. He will embed those emotions. So, if you're feeling unloved, rejected, abandoned, those are emotions. Okay, so, functioning from your heart, from your emotions is where the basis of trauma lies, is what I want to say. So, if in the womb you experienced all these negative emotions and you were afraid and you were anxious, that strategy... Because if we can get you in the womb disconnected and afraid, you will live your life out like that and when you come into childhood it will just be reinforced and reinforced. And as a teenager it will be reinforced once more. Okay, so the heart of the spirit is love and the heart of your soul is fear and our job is to bring the soul under the spirit. Okay, so in the first session Pastor Justin spoke about Jesus and John because there has to be doctrine for this. I mean, many of you here belong to churches and spiritual communities and when you present this, you have to understand the apostolic doctrine around this.

So, the example of Jesus and John. I went to study it in depth and yes, so rightly so because Elizabeth was six months pregnant. Okay. So, she was quite advanced in her pregnancy and Mary was... Jesus was just conceived so it was very new in the pregnancy and, as Pastor Justin said, when they came into proximity, the baby leapt in the womb. And why did the baby leap? You must remember his soul rejoiced at being so close to the Lord, his God. So, the soul of this child rejoiced and we never see a child as having a soul and paying attention to it. But John's soul leapt. It's like when you worship, your soul worships. It comes from your soul, from your

emotions and that was a type of womb-to-womb communication. So, they were communicating and you know what is really interesting is, you know, looking at the book of Luke, Mary stayed for almost three months with Elizabeth. So, imagine they had three months together, John and Jesus in the womb. So, how much of communication went on? I think they got to know each other. Okay, that's my own words. Okay. That they spent a lot of time talking. As you know, what's it gonna be like. You know, they just communicated and we never know. Maybe i should write a book about that communication. But three months is a long time. Think about three months. And they could communicate in each other's presence. Now, 30 years later, okay, so you know John was the kind of wild crazy guy in the desert baptising people. And you know if you read the account he was baptising thousands of people in the Jordan. This was not like a few here in a pocket. There they were just streaming to come to him. And then Jesus comes to him and he stops and some many of you know the Scripture. He said, "I cannot be baptized by you. You should be baptising me. I need to be baptised by you." And he tells you, "No, leave it. Let it be. Do this now."

I always thought that when John saw Jesus, he said, "Behold the lamb of God that takes away the sin of the world." I always thought that but if you study the account John didn't say that at that moment. If you look at the timeline, the timeline was he said, "You should baptise me." And then he went through the baptism and he was immediately and the Holy Spirit fell on him but he was immediately without delay instantly taken away far into the wilderness. So, there was no delay. So, 40 days he was taken away. Probably on day 41 or so he was walking back and that's when John said, "Behold the lamb of God who takes away the sin of the world."

So, how did John know that he was Jesus? How did he know when he saw him coming for baptism? And the bottom line was the baby

leapt in the womb a second time. He recognised him from his soul a second time 30 years later what he knew in utero. They has no record of them seeing each other for 30 years and 30 years later something so positive, he so recognised him again and this was planted in utero. Go and study it for yourself. So, isn't that powerful? This is a powerful positive example. So, things that can be as blessings in your uterus in utero, you can experience that years later. So, I think that's an incredible example. And what the soul is about emotion. So, John the Baptist's soul rejoiced for the second time he knew him. But don't you also experience that when you sometimes meet someone and there's a witness, like you just know instantly there's a divine connection here? I'm gonna be journeying with that person. There's a witness. So, I hope you would go and study this because there's many positive things also that happen in the womb and I think that's the best positive example.

Now, what should we do about all of this? What should we do? How do we heal from our own traumas? How do we help other people heal? One of the great paradoxes of working as a psychologist, of unpacking the minds and the souls and the psyche of people, is that when you work in emotional healing, there's so many doors of crises that open in the mind that cannot be solved by the mind. The mind can't solve everything. And you learned this earlier. It's hard to admit as a psychologist because we are supposed to be experts in in how the mind works, but the mind can't solve many of the crises that it creates. So, there has to be a deeper solution to this and, for me, the enemy took territory in the womb. Maybe when you were there maybe, you know, people that you in your families, it took territory in the soul, in the emotions of the womb. I stayed this house where the an alien moved into the basement that's taking territory in your house. So, what you have to do to heal from this is you have to go and claim back their territory. You have to take back that territory that was taken in utero and that can only

happen... You have to take it back first spiritually and then go through all the processes. So, when you do my type of work, there's a lot of healing and emotional healing that takes place.

But what I've learned over the years is there's these three types of responses and different types of healing to trauma. The one we are very familiar with when we see all around that you can become a victim forever. Okay, that means you do not move past the trauma. The trauma becomes your story and you stay stuck in it. You become bitter and it's a pattern for your life. So, you will never come into your purpose. This is your position. You're going to be the sad person, the martyr of this atrocity for the rest of your life and some people make a pedestal out of it. I see it in my work. So, you can remain a victim number two. You can become a survivor of trauma. But here trauma becomes your testimony. Okay, so we see books written about it of survivors, of lots of things. But the problem with just being a survivor, you know, and God helps that. Helps you become a survivor. That's what the purpose is, but your story becomes your identity and that becomes also, as a survivor, your only story that you can tell and eventually it will become a dead work, just being a survivor. I suffered this. This is how I overcame it. It'll become a dead work eventually because you can't grow into something else.

But there's a third option, a deeper one, but harder work, and that is to be fully restored, to experience restoration in its fullness. And this is hard because it's a deep work of forgiveness. I mean, all being a survivor includes forgiveness but this is a deeper work because it means you have to forgive the intention of the people that either abused you or left you unguarded and unprotected. That's a very deep work but it happens. And here, you know, when you go through this process of forgiving intention, do you know your memories were actually of the trauma will actually be erased. You won't be able to remember. It's like when God does a work in

you, such a deep healing work that many of the memories will fade out and you'll say, "I know that happened. I can't remember actually." The pain is gone. The sting is gone. And you become very whole and complete. You know, it was Jesus on the cross and I have to remind many of my patients who just won't forgive.

They will be like, "Okay, you know, I get forgiveness is a process but what ways words..." Forgive them, Father, for they know not what they do. People didn't know the impact of the trauma from the womb to where you are today. They didn't know you know... A teenage parent did not understand what negative words did for you, will do for generations to come, and when you can forgive the intention, you've accessed healing at another level. If someone has hurt you even as an adult and you can look beyond that and forgive. It's a process. I get that. But if you can forgive the way Jesus forgave on the cross, you will access a level of healing that that is beyond anything you can imagine. And I see it all the time because this is a process I take many of my patients through. This is what happens if you don't forgive. Right?

So, even sitting here, think about someone in your life you may need to forgive. Even out of this this teaching today, if you don't forgive you will be wearing a pair of invisible handcuffs. One will be on your hand and one will be on the other person's hand and you will drag them around for the rest of your days and they will die and you will still drag them around with you. This is the ghost of things past that will be coming and traveling with you if you are stuck in unforgiveness. Forgiveness doesn't mean forget, but when we restore it, God does the work of removing the pain and the memories and when you come to forgive you the wound is bleeding but you revisit the wound and you look at the wound with compassion. You look at your perpetrators in a whole new way, that people that are struggling people, that are immature people that really did not know what they were doing to you.

So often in the womb, our parents, our young parents were ignorant. They were careless many times. They were unintentional. I'm not saying all the time, but many times. For me, the other reason we need to forgive... I deal with a lot of people who are quite old. They're very senior. They're in the 80s. My oldest patient is 93 years old. There's a lot of anxiety in him and, you know, what we all want at the end of our life, we want forgiveness. We want absolution. There's a time in our lives we all will ask for it. For me, you better start early. Start now. Forgive. Don't wait till the end of your life to actually do this.

Okay, so now we come to the fun part. How do we heal from this? I'm starting a process today and it's a process. This is not some event. I don't have a magic bullet that I can use but I'm starting. I'm depositing something healing as a process for you. I'm not, as I said in the beginning, I don't know where you are in your journey, what your beliefs truly are, but this process is for people that understand that they are children of God, that you're an heir of God, that you are not here by some random experience. That you were created with intention, and you were created with purpose. And if it has been your experience that the demonic has taken illegitimate occupation in your soul, either in the womb or even as a young child, it means that we have to take back that territory today and we have to begin the process of taking back that territory. And the way you do it, for me, I'm teaching you a process you can teach others. You can practice this on yourself but I've just spoken about forgiveness and I hope you maybe even some of you would be ready to forgive your own parents and how they left you exposed and unguarded.

But you must remember as part of this process, you too need to repent because you agreed with the lies that were spoken over you. You agreed with the lies that were said about you in the womb. You

agreed that you didn't have a purpose. You agreed that you were unwanted. So, we have to have some repentance and awareness around this. And then, of course, we need to drive out the spirit that lodged itself in your womb. The spirit of fear and rejection and abandonment. Because that is not your portion in this lifetime. So, I'm going to take you through a process and I'm going to start with forgiveness. I'm going to get you to stand just now if you want to. Okay, so we open to that but I'm gonna take you through the forgiveness, the repentance and taking back your territory because it's pointless knowing all this if we can't affect it.

Now remember we are driving our spirits, okay. The word for spirit is 'pneuma' which means it's air. It's wind. So, it's not uncommon when you go through something like this you may feel like you want to just blow out, like you just breathe out. You may feel a ringing in your ears or you may feel nothing at all and that's fine. When we're in church, I think some of these things are very orchestrated, okay. but for me, you know when a spirit leaves. Nothing needs to happen because it's a work in yourself. So, let's begin. If you would please stand. Okay. So, if you want to close your eyes, it's fine. I'm just going to talk a little bit and then I'm going to say some things that you can say after me, if you would like to, but I just want to say some things first and you can just focus. Because I want to deal with one of the most common ways these spirits come into your life, and number one is the neglect of parents, as mentioned, and it's the ignorance of parents. And we have to begin by forgiving your parents because if you don't forgive, the enemy still has authority in that area. Forgiveness means you going back and you're taking territory from that and then we're going to go through the repentance and then we're going to go through the expulsion of the spirit.

So, as I said, so you can just close your eyes but say after me, just repeat after me, "I make the following declarations from my

position as a child of God. I choose to forgive my parents for their sins against me. They fail to protect me in my infancy from the schemes of the enemy. As a result, I have suffered greatly for most of my life with the consequences and errors of their failures. Specifically, forgive them for words and actions that opened a doorway in my soul for the spirit of rejection and the spirit of abandonment to enter. I further forgive them for allowing the spirit of fear to invade my emotions. These failures have been painful and harmful and robbed me of life. It is with the full knowledge of this that I choose to forgive my parents for their sins against me. Furthermore, I recognise that I have also believed these lies and by that I have empowered my enemy against me. I acknowledge that this is a sin against myself. I ask God to forgive me and to cleanse me and release me from the authority that I gave to my enemy. This is my declaration and my confession of sin, made this day before the throne of God. Amen.”

Okay, so just wait a little. So now that you've forgiven and you've repented, you've taken back the territory. So, the enemy doesn't have jurisdiction in that area of your soul anymore because that's the process. So, now I want you to take back what is Yours. If you want, you can raise your hands. Say after me, “I reject and I renounce the spirit of rejection and its counterpart, the spirit of abandonment. I now command them to leave my body, to exit my soul. I reject and I renounce the spirit of fear. I now command it to depart from my soul, in the name and by the authority of the Lord Jesus Christ.”

Okay, so now I'm going to make a declaration. You can just relax. I'm going to pray for you because working in emotional healing is my domain. The Lord has prepared me in... He's given me authority here and this is my metron of grace. So, I want to pray for you. So, I would say today to the spirit of abandonment and to the spirit of rejection and to the spirit of fear, I declare on behalf of the Lord



and on behalf of his people here today that you have no authority over their lives. No more. Now be gone. In the name of Jesus, be gone. The lord rebukes you. Be gone. You have no hold of any person seated here today and standing in your presence. Amen.

Okay, so when the enemy comes back to test you - and he will - he'll be coming from the fringes, from the fences. And if he tries to do this to you again, you take yourself through a similar process. Your territory of your soul has been taken back this morning. I thank you everyone and I thank you so much.

Conclusion Melini Moses: Well, we trust that you've been empowered by all that you've learned today. If you wish to contact us, please visit the following websites for our details: [www.lifecom.co.za](http://www.lifecom.co.za) and [www.ranisamuel.co.za](http://www.ranisamuel.co.za).