



Holographic Repatterning™

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Decision-Making, Birth Process Traumas and the Five Elements of Chinese Acupuncture

By Chloe Faith Wordsworth

(Note: Reading this article may activate your own birth journey issues. This may make it difficult for you to read it or you may need to stop and do an Energy Constriction Release.)

We make decisions every second of our day—consciously and unconsciously—both the autonomic decisions that allow us to take our next breath and digest our food, as well as the conscious decisions about what we'll do today and what we want or don't want. If we look at our decisions carefully we see that each one we make, how we make it and when, is based on our priorities—what is important to us.

It is what we deem important that determines our decisions and therefore all our actions and relationships. For instance, if having fun is my priority, I will do "fun" actions and avoid "non-fun" actions, and I will have relationships that support my concept of fun and avoid those that don't.

Unconscious patterns—whether generational or otherwise—are the factors that determine our priorities, both of which are mostly formed during the birth journey from conception through the after-birth re-attachment at the mother's breast. Traumas—any experience that we couldn't handle, that caused overwhelm or led to disorientation—result in negative resonance unconscious patterns or non-coherence in the energy field.

By looking at birth journey traumas in relation to the Five Elements, we will have a deeper understanding of how our negative priorities are formed and the impact they have on our decisions that in turn determine all our actions and relationships.

A common birth journey trauma is the unconscious conception (conception when the parents have no intention of having a baby) and conception under the influence of alcohol (when one or both parents are inebriated). The two principal Elements of the baby's consciousness that may become stressed by such an experience would be the Wood and Fire Elements. The Wood Element is weakened by alcohol, which

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has a direct effect on the liver. Wood is also about new beginnings, initiating action and giving birth. The impact of constriction in the Wood Element on our priorities, actions and relationships might be that we avoid initiating relationships, or we rush into relationships unaware of consequences.

We might also find ourselves disliking new beginnings and unable to initiate actions—such as going to a new school or even moving into a new season. The alcohol may lead to confusion in our decision-making and consequently in our relationships.

If the Fire Element is also stressed—the Fire of the conception experience being about intimacy and joy—we may feel left out in relationship, or unable to experience joy and love-bonding. We may also be unable to make decisions that give us joy, or we may feel left out of the decision-making process.

Another common birth journey trauma involves our parents' thoughts about abortion, abortion attempts or possible miscarriage. The prime Elements that may go into constriction in response to such an experience, would probably be the Earth, Metal and Water Elements.

The Earth is the Element of the mother, of creating the space for the nurturing of life. The unconscious pattern of negative resonance might result in a perception that we are unable to feel nurtured or have our needs met, or are unable to meet the needs of others. We may also find ourselves resonating with only meeting others' needs at the cost of our own. Our inability to come from our center of equilibrium and to nurture ourselves is reflected in the kind of food we eat, the jobs we take and the relationships we create.

The Metal Element involvement with an abortion-miscarriage experience relates to our values and sense of self-worth, letting go and death. With a Metal Element constriction, we may find ourselves unconsciously resonating with feeling inadequate or that life has no purpose, and tend to cut off relationships when their

use for us is over or we feel betrayed. We also may feel that we can't trust life and our own aliveness, and that life and death are random, rather than God-given experiences imbued with a higher purpose. When we resonate with inadequacy, we either appear to be arrogant—constantly needing to boost our self-confidence—or we make decisions and act according to our diminished self-worth.

*Unconscious patterns are the factors
that determine our priorities.*

If the Water Element is also involved in the abortion-miscarriage experience, we may have fears, phobias or a terror about life and death. We may feel powerless, and perceive even small problems as life-threatening events.

Yet another all too common birth journey stress may be caused by an induced birth intervention. Sometimes inducing a baby's birth is for the purpose of saving a life in an emergency situation. However, too often births are induced for the convenience of the doctor, hospital administration or parent. Ideally, the baby initiates its own birth process, which then activates the mother's hormones that control her contractions. The baby's decision to be born is based on its readiness for the next stage of its growth outside the womb. When this decision is made by another or by circumstances, the Wood Element may become stressed.

The balanced Wood Element promotes growth on all levels and allows us to make decisions that lead to growth. In learning to walk, a healthy baby continues to make decisions followed by actions until the goal is reached. This is the power of the Wood Element.

However, if the Wood Element becomes stressed as a result of an induced birth, we cannot set goals and go into action to achieve them, or if we make a decision that doesn't work, we easily give up, feeling hopeless or angry. We may even be unable to make a decision, or get angry or depressed (the opposite of anger) when others make them for us.

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When our Wood energy is weakened, change, even if positive, may be perceived as being imposed from the outside or forced upon us without our having a sense of choice. Because an induced birth, with its extraordinarily powerful contractions, is painful for the baby, decisions, relationships and often life circumstances may also appear painful or come with too strong an impact

In the face of such unconscious responses, our priority in life may be to avoid change, or to make every decision ourselves without input from others. Such priorities make relationship, and life, difficult and painful for all concerned.

The Earth Element may also become stressed as a result of an induced-birth trauma. Our Earth Element allows us to come from our center of equilibrium and to know where we are in time and space. If stressed, we may become disoriented or confused, not know our direction, be unable to regroup, reorient, or try again when a decision doesn't work. We may feel disembodied and unable to stay present with ourselves or others in the moment. As a result, our decision-making may be confused and in relationships we may easily become ungrounded and fragmented.

From these few examples of the many birth trauma possibilities, we can begin to see the impact on our Five Elements energy system. The ideal is that we resonate with having clear, life-enhancing priorities that support our spiritual unfoldment and living in alignment with our essential nature — from the positive qualities of our Five elements. It is also the ideal in HR that all our decisions and actions are based on resonance with these priorities. The HR Birth Process Repatterning (Principles of Relationship seminar) and a Decision-making Repatterning (available soon), support this ideal by identifying and transforming core issues in relation to our birth journey traumas.