

.(Form #CW3-3)

Conception

This exercise can be homework

The thoughts surrounding our conception are often important clues to unravelling our purpose. The following are Exercises to “get in touch” with your conception.

Ask your client to write a brief description of the events and thoughts surrounding their conception. Instruct them to allow their mind to flow and to not be concerned whether the thoughts are fact or fiction. Include the following information:

- State of your parents relationship
- State of grandparent’s relationship to each other and to your parents and siblings
- Any illness in the family
- Financial situation
- Social and economic setting
- Were you a planned or “accidental” pregnancy
- Conceived after a miscarriage, abortion, stillborn or other birth death of an older sibling.
- Conceived soon after or during the death of a significant family member
- Did your conception cause a rift between your parents as in 2’s company, 3’s a crowd syndrome
- Conceived during times of civil or worldwide strife
- Conceived during times of worldwide celebration e.g. Olympic or Commonwealth Games, or other “happy” times

Being conceived the day Neil Armstrong walked on the moon, or the day of 9/11 (USA) initiates two very different streams of consciousness in the developing fetus.

To continue the Journey, write down the answers to these questions:

The major dysfunctions in my family were: _____

Traumas I experienced as a child were: _____

Evaluate how you have benefited in overcoming the above traumas:

How I have assisted others from my experiences: _____

Remember that which has not destroyed you has made you stronger and more compassionate. Anything that has been a negative experience that you have overcome is essentially a part of your individual gift to Humanity.