

DR. MARDEE ALFF, PSY.D.
Clinical Psychologist

Email: DrAlff@DrAlff.com

Website: <http://www.DrAlff.com>

--Soul Peace.1--

Body Memories

By Dr. Mardee Alff, Psy.D.

Clinical Psychologist

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I know of a woman named Gwen. She was a twin. Her brother, George, was born first. In the process of his birth, Gwen's umbilical cord got wrapped around her neck. When she was born, she was very blue and they did not expect her to live. But her Dad was a Christian and prayed for her. She lived.

She grew up to be an accomplished teacher, yearbook editor / advisor, and graphic artist. I called her when she was in her early 40's, living in a different city. I was beginning to understand that everything we experienced from conception onward was written in body memory. [This was not a psychological understanding. My observation was derived from my relationship with the Lord Jesus Christ, my understanding of how we were created in scripture, and my work experience of specializing with those in trauma.]

So, I called Gwen to ask if she noticed any effect from being strangled in the womb. She was quick to respond. She said she could not tolerate anything around her neck. Even in winter, all her coats, dresses, and tops were no higher than the base of her neck. She couldn't wear turtleneck outfits or even loose mock turtlenecks. She couldn't wear jewelry, like a choker, around her neck.

She couldn't memorize. She was very intelligent. She went to a Christian college and had to memorize scripture. This became a great trauma for her. She loved the Lord Jesus, but hated scripture memory assignments because she couldn't do it, and always got low grades. Her brother was a Phi Beta Kappa Honor Roll student in the same college, and she had to bear the shame of "C's", even though she was equally intelligent.

Her parents even had her brother handle the finances for both of them. They wrongly thought that she was not capable of handling her own, because of her grades. This was all a deep hurt to her. However, she did graduate with a Bachelor's degree in Teaching.

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personal, marriage, family, and relationships.

"Not by might, nor by power, but by my Spirit says the Lord of Hosts."

Zechariah 4:6

I asked her if she had ever thought of these neck and memory problems as a result of being strangled. She quickly said, “Never.” She never associated the memory problems with learning disabilities as a result of the oxygen deprivation. She just looked at herself as stupid.

She never connected the ‘nothing-around-the-neck’ with being strangled, either. But her body remembered. It was a body memory.

She was interested to learn that the body appeared to have memories from conception onward. A person’s adult brain doesn’t have access to the memories as words or pictures. But the body has access to them, and acts out the memory. A body memory can be associated with any of the senses. Gwen’s was connected to a feeling of tightness around her neck.

Taking this further: if a twin or triplet miscarried or died in the womb or was still born, there would be body memories in the one that lived, even if parents never told him/her about the other child. This may have a profound influence on the one that lived. Body memories are not the same for all people: they are specific to the individual.

Twins are never alone in the womb, and have a relationship throughout life. If they are separated at some point, it can cause distress. Twins can be adversarial, like Jacob and Esau, who knew each other in the womb, and fought. Each person impacts the way they react to being a twin, and the intellect, will, and emotions are all involved in that process.

This is not limited to twins. The rest of us ‘know’ in the womb, as well, and also experience our mother and know her voice. We hear the world outside the womb.

We are so sensitively made by the Lord God. Appreciating and understanding and working with the way we are made is strength. We will pursue this further in subsequent columns.

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