

## Introduction

# A HEALING PATH

*for wombtwin survivors*



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Published by Wren Publications 2005  
P.O. Box 396, St Albans Herts, AL3 6NE, England  
[www.wrenpublications.co.uk](http://www.wrenpublications.co.uk)

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The Fellowship of Artists and Writers  
[www.compassion-in-business.co.uk](http://www.compassion-in-business.co.uk)

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Five years ago, when it dawned upon me that I probably was a wombtwin survivor, I wondered where I may find other people like me and how I would recognise them if I did. I created a website [www.wombtwin.com](http://www.wombtwin.com) and wrote out a healing path in several steps for wombtwins to read. I had already recognised two types, which I later realised corresponded to identical and fraternal wombtwin survivors, who have very different views on life. This book is for all types of wombtwin survivors, with no distinction made between them.

I worked by e-mail, for several weeks and sometimes even longer, with more than 30 wombtwin survivors, seeking out new ways to help them. Most of them had tried various therapies without much effect. It eventually became clear that my first intuitive guesses about how to help wombtwin survivors to heal had been close to the truth. With the help of several diagnostic questionnaires I have refined my ideas considerably and the nature of the healing path has become clearer and clearer.

As the demand for help increases and more and more wombtwin survivors are coming forward via the website, I know that my own resources will shortly become inadequate. The time has come to dare to set out a healing path based on what has been learned and tried out with wombtwin survivors over the last five years.

This is still very new and largely untried and you may find that much of it doesn't resonate with you at all. Wombtwin survivors vary a lot, and it is impossible to write a book that will articulate everyone's inner experience precisely. Therefore, please be patient and understanding. Read it through and consider taking a thirty-step healing programme with the help of this book, either by yourself, with a friend, in therapy sessions or with a group.

I welcome all feedback on this volume. If you feel any part of it is particularly useful or useless; hard to understand or particularly clear, this will help me to refine my ideas. I am hopeful that I will eventually find someone to publish these ideas as a printed book. Until that day this e-book must suffice.

## Contents

- Step 1: understanding your Dream of the Womb
- Step 2: finding the facts behind the imprint
- Step 3: making friends with your Black Hole
- Step 4: considering despair
- Step 5: acknowledging the primal wound
- Step 6: recognising assumed helplessness
- Step 7: understanding your anger
- Step 8: choosing truth over illusion
- Step 9: healing the shame
- Step 10: coming to terms with death and dying
- Step 11: ending the cycle of self-sabotage
- Step 12: sorting out the clutter
- Step 13: healing perfectionism
- Step 14: a problem with food and eating
- Step 15: understanding addictions
- Step 16: being male in a female kind of way
- Step 17: being female in a male kind of way
- Step 18: coming in from the cold - healing isolation
- Step 19: exploding the myth of "low self esteem"
- Step 20: are you stuck in a rut?
- Step 21: separation and letting go
- Step 22: awakening from the Dream of the Womb
- Step 23. healing floating resentment
- Step 24: learning autonomy
- Step 25: allowing yourself to grow
- Step 26: improving negotiation skills
- Step 27: finding an answer to exploitation
- Step 28: using the essential ingredient
- Step 29: knowing your moment of surrender
- Step 30: finding your mission in life

## How to use this book

There are four phases to the healing process described in this book.

### Phase one: An introduction

Steps 1-2 provide a simple explanation of how a vague impression of the presence and loss of the wombtwin is being constantly re-enacted as the Dream of the Womb.

### Phase two: Finding a healing path

Steps 3-8 set out a series of reflections and exercises to help wombtwin survivors to clarify their own Dream of the Womb. This is of particular value to those who have no proof of the existence of their lost wombtwin. This phase is designed to enable people to relate their feelings and behaviour to their own womb story. They are then able to form a working hypothesis about what probably happened and if this pre-birth experience has had any kind of psychological effect upon them.

### Phase three: Towards letting go

Steps 9-20 form the longest and most intense period of work. The reflections and exercises are designed to clarify and explain some of the more baffling aspects of being a wombtwin survivor, in particular the outworking of survivor guilt and the lengths wombtwin survivors will go to in order to keep the Dream of the Womb alive. This culminates in a ritual of separation and letting go.

### Phase four: Awakening from the Dream

Steps 22-30 encourage awakening and growth, following the acceptance that the wombtwin is now gone and out of reach. There is some emphasis on the development of interpersonal skills and some hints about the way forward, now that the survivor has awakened from the Dream of the Womb and has no further need to re-enact it.

*This e-book is designed to be read either on the computer screen or printed out.*

## Step 1 : Understanding your Dream of the Womb

Wombtwin survivors spend their lives re-enacting their personal Dream of the Womb, which is created out of the imprint of events that took place when the neural networks in their brain were being laid down. Nothing, not even life itself, is more important than the Dream. The word "Dream" is hardly sufficient to describe the way this imprint in our brain drives our choices and shapes our emotional reactions throughout life. The imprint is so profound it feels more real than a Dream, and yet it is obviously not a Dream but a real memory.

Prenatal psychologists have realised that they frequently encounter the imprint of life in the womb in various ways while practising therapy with adult wombtwin survivors. These vague impressions from the womb can be found in Dreams or under hypnosis, and can be re-enacted in symbolic form through creative activities or psychodrama. However, the Dream of the Womb is all-pervading, and subtly influences every moment of your life. It is not just visible during therapy or made evident in specially-created exercises.

The impression is so vague and primitive that it feels as if it is deep down in your psyche and at the very back of your mind. I believe that this is not in fact the case: the Dream is right at the forefront of your mind. Here is how one person described his Dream.

*Just in front of my eyes, my Dream of the Womb is like a matrix through which I always view the world. This Dream is my way of being. In the light of day, however hard I try, I cannot see through the cloud obscuring the meaning of this Dream. It is with me always; I cannot remember a time without this Dream. In the dark hours of solitude when there is no one there and all there is is emptiness and stillness, out of the corner of my eye, I catch the faintest glimmer of gold. It is elusive but it is always there, and it gives me hope. It is like a light tempting me with the revelation of what came before the Dream, but I am convinced nothing existed before the Dream. The Dream is all I have.*

The Dream of the Womb is locked into the most primitive part of your hind brain, which was all you had when you were a developing embryo in the first few weeks of life. By the time you were capable of any kind of rational, logical thought, you were born and your wombtwin was long gone. Consequently, these vague, early impressions are beyond thought or description: the only way to express them is in a symbolic fashion, through patterns of behaviour.

For example, it seems that the way wombtwin survivors react to food and relate to others may be a reflection of their Dream of the Womb. This 30-stage process of healing will permanently change your relationship with food and other people. If you know where to look, you will be able to see how you keep the Dream alive.

### *Paradox*

If you are trying to be your wombtwin and yourself at the same time, things get difficult. You are given to wanting to be two people at once and believe two things at the same time, so the only way to keep the Dream alive is to indulge in paradoxical thoughts. For example you may get the feeling that in some way you "don't exist", while being aware that you have to exist in order to be capable of thought. This is a kind of mental gymnastics, which is a sure sign of your Dream of the Womb at work. Paranoia is a common paradoxical idea among wombtwin survivors: if the whole world seems to be out to get you, this enables you to feel like some kind of terrified, helpless victim, while in the same moment making yourself such an important person that everyone is watching your every move.

### *Confusion*

Wombtwin survivors are not sure who they are. They spend their lives in search of themselves, and this is the basic confusion. They are in fact searching for their wombtwin, who is a separate person but somehow feels like part of their most basic self. A fraternal twin of a different sex is somehow part of you, so you are unsure about your gender. An identical twin feels like the other half of you when in fact they are an individual in their own right. If you are a wombtwin survivor, you are not sure who you are or what is really going on: - that's the Dream of the Womb *par excellence!*

### *Concurrence*

There was no sense of time in the womb. The vague impressions are all jumbled up and in a mess, and everything is happening at once. This means you may feel as if you are somehow dead yet still alive; you may feel as if you are in a state of perpetually dying, or constantly fading. Yet there is also a grim determination to stay alive against all odds that is confused with guilt for having already survived. The identical twin that was formed when the zygote split feels like part of you and yet not part of you: part of you is here, and yet is gone.

## EXERCISES

1. Notice contradictions and paranoia in your life.
2. On little slips of paper, make a list of your various character traits and behaviours. Then divide them into two piles: "me" and "not me". Examine the "not me" pile and there will be a description of how you have tried to live out the un-lived life of your wombtwin.
3. If you are not sure who you are, ask someone you love to tell you, and then observe yourself deciding they are wrong because they can't possibly know what it is like being you on the inside. Are you resisting the truth about yourself?