



# Soul Cycles

Personal & Collective Evolvment  
Alternative Healing  
Social Artistry

## Early Childhood Development

### Before the Beginning

I am in the womb of my mother. Physically we are still “one”. Two systems: depending and interrelating with each other. We are heartbeat, movement, flow, pulsation. My sense might be that of “me in oneness”. And suppose I am also in oneness with the whole, the universe, or God. The little place on top of my head (the 7th chakra) is still physically open.

The womb might be a safe place of transition for me, from oneness to duality, from spiritual to individual. If I am born in a natural way, I come out with my head first. From up to down “into” this new space.

### At the Beginning

In the very beginning after birth I live in this sense of oneness and it will take me a couple of months, maybe up to seven month, before I sense me as being something separate. I still carry my “spark”, the seed of my soul and live in the healthy illusion of omnipotence. If my mother sees my spark and reflects it back often enough (you are the most wonderful, beautiful baby in the world etc.), I collect my first senses of feeling real. When she allows herself for long enough to mirror me back my omnipotence, I will gather primary trust: I create what I need, I create myself.

I come from a fluid container and I am still a stream, or the stream is me. I need my mother to give this stream of impulses (inside and outside are not yet separate) a container, a skin. This is the way my own skin formation will occur; physically, emotionally, spiritually.

### We

I gather a “self” through interaction with my mother. In the beginning I and mother are one. Mother feels good, I feel good, and we are good. We still live in symbiosis. I collect a core sense of self by reflecting on her and being reflected. The tools we use are skin and eyes, touch and sound. We weave the web so I can gather a self. I will only gain a me if I have a good enough we. I envelope, integrate, and internalize this exact experience of we, and it’s becoming the base upon which all my further experience, and my world, is going to be built upon.

I am starting my life being completely dependent and my life will circle around dependency!

### Four Senses of Self

Four senses of self which I will gather, if I have a good enough we, are:

- Self agency: The beginning of power and self-esteem will give me the possibility to negotiate, as well. For example: *The sun shines through the window into my eyes. I turn my head and the sun is away. I made this happen! Or: My body is cramping, hunger in the stomach, I scream, breast of my mother comes and I’m fed. I made this happen! I control how much and for how long.*
- Self coherence: I will get my stuff and everything will be ok. For example: *I cramp, hunger, I scream, I fall a little apart, mother comes, she fixes and feeds, I get soothed, I come together again. I can fall apart and I can come back together again!*
- Self affectivity: If my feelings are validated by my environment, I will gather the ability to vitalize myself.
- Self history: I start to have memory episodes. Yesterday I was, today I’m somewhat different.

## **Nourishment**

For a long time my mother might still not be a real person to me. I sense her as a function, my environmental mother. The way I feel nourished by her will be the way I am going to feel nourished by the world later on, and it will be most probably the way I am going to nourish myself.

Am I fed by her breast or by the bottle? Will she look at me and touch me while she feeds me? Will it be pleasurable for both of us or rather painful? How does she hold me? And how does she feel, and what does she think, while she is feeding me? Do I feel nourished not only by the food but also by her touch, look, voice; emotionally, sensually? Does she feed me in a hurry, or does it take too long and she feels bored? Often enough? Has she attuned to my own individual way of being nourished; have we found a rhythm? Does my mother know when I need soothing and when I need vitalisation? Can she soothe me, so that I can internalize the ability to soothe myself later on? And how does rhythm happen?

## **Rhythm and Regulation**

When I am born my brain stem and my limbic brain are working, but the nerves of my frontal brain still need to develop. This needs aliveness and motivation. The motivational systems are:

- Physiological regulation
- Primary aggression (assertion), that needs to be met. Breast milk for example is a much better match than bottle milk because it's harder to suck. Assertion is the root of positive aggression and will enable me to "take" what I need.
- Reactive system: I can say stop to the environment by turning my head and my eye away; enables me to say no.

These three create the fourth system which is:

- Attachment: Where and how do I get my needs met. Does my mother meet my attachment wiring? I need a match that vitalizes and soothes.
- Sensual (later on sexual) system: How am I held? How am I touched? Skin contact can be ambivalent: I need, I don't need. I need the contact but it's not the right one (toxic).

Mother has three ways to regulate me and my system:

- Being in the same state, same emotional state. I'm good, mum is good. I'm angry, Mum is angry. In order not to feel lonely I need to feel understood, which happens, if Mum is in the same state as I am.
- Complementing my state of being; taking the other side. I have it, then you have it, when you have it, you give it back to me.
- Transforming my state of being, by reflecting the other side. We can change each others states of being from positive to negative and the other way around.

The motivational systems, the ways of regulating, mother and me being together, or not being together, all create a certain rhythm. When the rhythm is too often or for too long time not good enough it can create intolerable feelings in me. Those will be difficult to integrate. Most probably mother and me will find many situations which couldn't be good enough, but if mother can regulate me back to our common rhythm, repair is happening.

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