

# BRAIN AND MEMORY: A PILOT STUDY ON THE EXPERIENCE OF REBIRTH AND THE PRESENT LIFE QUALITY OF ADULT SUBJECTS

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## Objectives

It is commonly thought that you cannot remember anything about one's birth, what happened inside the maternal womb and on childbirth. Experimental investigations have, however, highlighted the existence of a fetal memory, as the fetus would seem to be able to memorize and learn prematurely. However, these are unconscious memories, which are not easily retrievable and expressible.

The purpose of this study was to verify whether and how pregnancy and birth patterns affect the lifestyle of an adult subject.

## Materials and Methods

50 volunteer students of the Degree Course in Psychological Sciences and Techniques of the University of Catania took part in the research. The sample was subjected to the regression technique, and then a nine-question questionnaire was given out to be filled in anonymously. Only 15 out of 50 subjects returned it completed.

## Results

The results obtained have shown how the experience of rebirth influences the quality of present life.

## Conclusion

One observes how the experience of regression is significantly correlated with the perception of one's self and how subjects can retrieve memories of unconscious feelings that experience has led them to live, which may partly account for one's personality.



- Q.1 Tell your experience freely and spontaneously: how did you see yourself in the maternal uterus and which were your feelings as the months passed, describe the time of birth, and what did you have to do to "Come into the world". Also talk about any difficulties you have encountered during the nine-month pregnancy and on childbirth and how you have lived and faced them.
- Q.2 Who was there to welcome you at the time of your birth? And what did he / she just say when they saw you?
- Q.3 Is there an episode (you have lived in a positive / negative way) or a particular situation that hit you during the experience? (If so, report it).
- Q.4 Based on what you know about your birth, regardless of your parents' stories, do you know if you were born naturally or by a Caesarean section? If you were a Caesarean section baby, do you know if it was scheduled or decided at the last minute?
- Q.5 Were you born "at termination, in advance or with a few days of delay"?
- Q.6 What do you know about your mother's pregnancy? Did you experience pregnancy in a serene and problem-free way, or did she face difficulties from a physical and / or emotional point of view? Have there been any adverse events or traumas during pregnancy?
- Q.7 How did your birth and the way you were born affect your current lifestyle?
- Q.8 How is your present life?
- Q.9 Is there anything you would like to change? (If so, what?)

SUBJECTS	Q. no. 1	QUESTION Q. no. 9
N.1	A feeling of numbness throughout the body and the inability to get out of the funnel.	Waiting for changes although without being impatient.
N.2	I had the feeling of slipping.	I would love to have more serenity.
N.3	Within the maternal uterus the feelings were very negative.	I would like to be more motivated, positive, passionate, and feel useful in something important in my life.
N.4	I felt like smiling, I felt serene in general.	I'm happy with what I have.
N.5	Feeling of comfort and tranquility. Around the eighth month I felt like I was getting bigger and that the place I was in was shrinking, giving me the feeling that air was missing.	I would not change anything, but I would like to have something more and in a way accomplish it.
N.6	Initially I felt cold, then I set myself up. I spent all the time gestating in serenity and fetal position by turning on myself. Once the day of came, the cap came off by itself and I got out of the funnel as if I was going down a slide.	I would like to change relationships with my family and have clear plans for the future.
N.7	The prevalent feeling was serenity, I felt immediately in a cozy and comfortable place.	I live well with myself to handle my problems and I have so many people who love to help me in my moments of fear.
N.8	I was quiet and blessed in that lukewarm, comfortable water. I was fine until the eighth, ninth months when the funnel seemed to get too tight. At the time of delivery the neck of the funnel seemed too tight but I pushed myself out into the world.	I would have liked to belong to a richer family. But we have always been "modest" and I love my parents.
N.9	I found it difficult to enter the funnel, but once inside I felt at home and I did not want to leave that place. I felt anxious and afraid of what was happening and unable to get out of the tube so, I decided to go up and get out from above.	Beautiful despite the daily difficulties.
N.10	In the first three months as if in a whirlwind. After this initial feeling, however, my feelings were well-being, when the funnel cap came off I went out with ease, although with my feet as if I was slipping down.	One thing I would like to change in my way of handling privacy. I would like to be more extroverted, more open without difficulties that lead to problems in everyday life. I often get misunderstood in my attitudes.
N.11	I have not been able to shrink, I have remained the same size today. I imagined a cold, tin funnel. I felt a slight pressure on my shoulders when I was leaving the uterus.	Despite my conditions, my pleasant and serene conditions, I often feel dissatisfied and feel that my life is passing too quickly.
N.12	During the nine months of pregnancy, everything was quiet. I was floating and moved inside the funnel without experiencing any discomfort. At birth, the cap splashed off at great speed without any noise but, despite that, I could not get out, so I made a big effort and tried to get out using my hands.	Beautiful as well as difficult moments, with so many obstacles to overcome. Even though I tend to overwhelm myself with discomfort, then I always find the strength to react.
N.13	During the nine months I was quiet but in the final ones I felt tight in the bottom. At the time of birth I jumped out of the top of the funnel.	In general, everything is fine, but I would like to change some aspects of my person and life.
N.14	I threw myself into the water, which was a bit warmer than I would have liked it. At the very moment of birth, the walls were shaking and on that occasion I felt a bit of a nuisance, the cap was removed and the water went away very quickly.	I would like to live it more intensely, and be more motivated in everything I do.
N.15	In the maternal uterus I saw myself floating, immersed in that sweet liquid. I was happy, in prayer, waiting.	Before I could not even imagine, everyday something changes inside me, but above all, I know that in myself there is now a strong being that is growing more and more. I would change nothing of my life because everything has led me to be what I am now for a certain reason and also allowed me to stay close and give love to those I am next to. I live every day according to what the passage says: "All things cooperate for good for those who love God, who are called according to his purpose" (Romans 8:28).

## Bibliografia

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