

EUROTAS SYMPOSIUM • 45-MINUTE LECTURE

Regression and Pre- and Perinatal Imprints


From Shadow to Essence
through the Integrative Transformation
Model

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A transpersonal, trauma-informed map for working with the earliest chapters of human experience.





OPENING QUESTION

What if the wound
before the first breath
is also a doorway
to wholeness?

Not repair as “fixing”
but remembering what was present
beneath the imprint.

whole incarnations

shadow → gift → essence

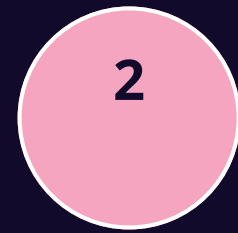
Four movements in the talk

A clinical and transpersonal journey from imprint to essence



The imprint

How pre- and perinatal experience can organize the psyche as body, affect, attachment and meaning.



The shadow

How original wounds become protective structures: anxiety, disconnection, control, urgency, relational defence.



The doorway

How hypnosis, age regression and LBL can access implicit, symbolic and transpersonal layers safely.



The remembering

How S-G-E integration recovers Fundamental Peace and authentic self-expression.

Outcome: a practitioner map for the earliest chapters of human experience as gateways to essence.

Every shadow is a protected gift

The Shadow–Gift–Essence arc turns symptoms into portals of integration.

Shadow

Defended pain
reactive pattern
protective strategy

Gift

Adaptive intelligence
positive intention
capacity to reclaim

Essence

Integrated being
peace, clarity
compassionate action

In pre- and perinatal work, the “shadow” often began as a brilliant survival strategy.

Question for every defence: “What life-serving intelligence is this protecting?”

The earliest chapters are encoded differently

Before narrative memory, life is learned as regulation, tone, rhythm, proximity and threat.

**Explicit autobiographical
memory**

language • time • story • “I remember when...”

**Implicit / procedural / affective
memory**

body • sensation • affect • attachment expectation • defensive reflex

Clinical translation

An imprint is not a guaranteed literal memory. It is an embodied template that can still organize adult perception and response.

An imprint is a four-channel template

It is the nervous system's early answer to: "What kind of world am I entering?"

Sensation

pressure • heat
constriction • expansion
movement • breath

IMPRINT

body-held
meaning

Affect

fear • grief
urgency • joy
longing • numbness

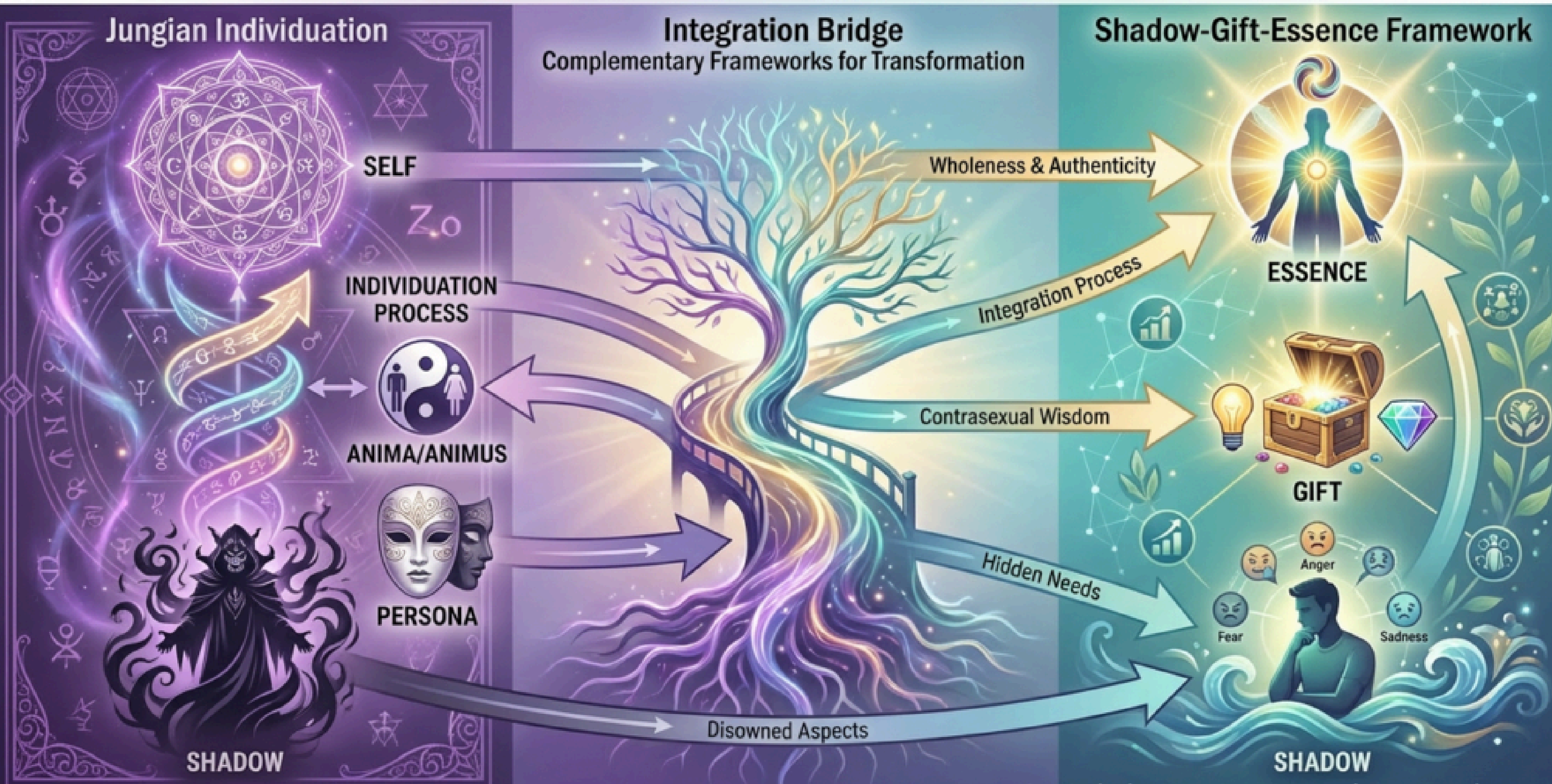
Attachment field

presence or absence
attunement or rupture
belonging or exile

Meaning / vow

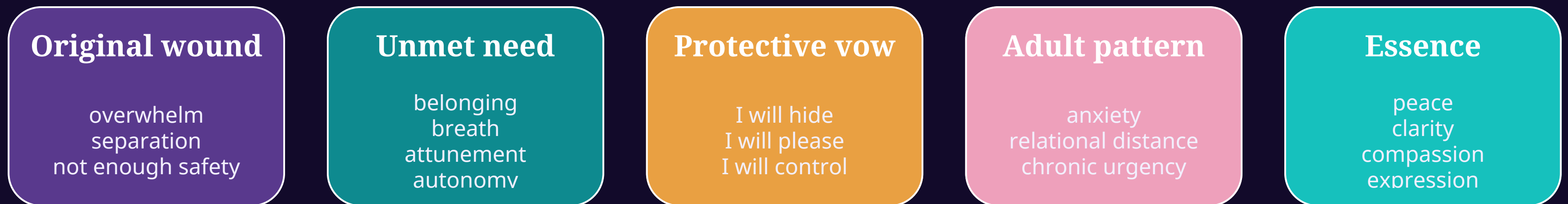
"I am not safe"
"I must hide"
"I have to fight"

Jungian Concepts & Shadow-Gift-Essence Framework: An Integrative Transformation Model



The shadow structure is a protection, not a pathology

The defence makes sense when we return to the need it was guarding.



Regression asks: where did the vow begin — and what becomes possible when the original wound is met?

The aim is not to destroy the protector, but to update it with love, choice and awareness.

Integrative Transformation Model (ITM): Developmental Psychology Pathway



REGRESSION AS DOORWAY

Trance gives the psyche a language of images, sensations and symbolic encounters.

Hypnotic regression can organize attention toward early implicit patterns — while the practitioner maintains safety, choice and non-leading inquiry.

body

symbol

affect

meaning

Research anchor: Jiang et al. (2017), Cerebral Cortex, on altered activity/connectivity during hypnosis.

Regression is a meaning process — not a forensic instrument

This distinction protects the client, the practitioner and the field.

Phenomenological truth

What the psyche is showing now

Clinical stance

- Avoid leading questions
- Track body + affect
- Invite, never impose meaning
- Integrate the protector
- Do not use regression to “prove” events

Historical claim

What can be externally verified

Gestation is the first relational field

The womb is not only biology; it is rhythm, chemistry, sound, stress, tenderness and meaning.

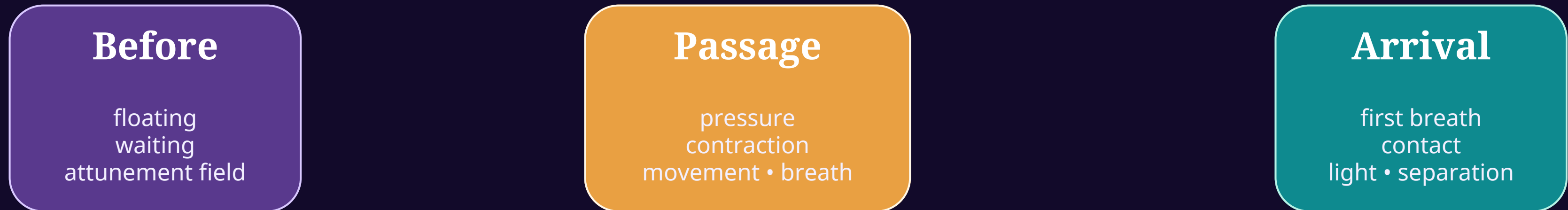


Regression inquiry

“What was the earliest felt sense of being here? What did the small system need that it did not receive?”

Birth is the first threshold of embodiment

The nervous system may carry the passage as compression, urgency, effort, separation or triumphant arrival.



**The clinical question is not “Was birth traumatic?”
It is: “Which threshold pattern is still running?”**

Common pathways from early imprint to adult shadow

Use these as hypotheses for inquiry — not as diagnostic formulas.

Imprint tone

Protective meaning

Adult shadow

Essence to recover

Compression

“There is no space.”

panic under pressure

spacious strength

Separation

“I am alone.”

cling / numb / avoid

secure belonging

Maternal distress

“I must not burden.”

hypervigilant care-taking

compassionate boundaries

Urgency

“I must hurry.”

chronic acceleration

calm momentum

Unwantedness

“I should disappear.”

visibility shame

peaceful presence

The practitioner listens for the earliest felt logic beneath the symptom.

The Vanishing Protector

Prenatal rejection imprint → invisibility as safety

Adult presentation

**“When I am seen,
something bad
happens.”**

Conflict avoidance • shame about
visibility • dissociation in groups

Regression threshold

**Watery darkness
Muffled voices
A tightening around
the heart**

The younger self forms the vow: “I will take
up less space.”

Composite case; details altered for teaching.

From invisibility to peaceful presence

The protector is honored, the gift is reclaimed, the essence is embodied.

Shadow

Hide.
Do not disturb.
Be invisible to stay safe.

Gift

Attunement.
Sensitivity.
Capacity to sense the
field.

Essence

Peaceful presence.
A visible self that does not
need to perform.

Integration anchor: one hand on heart, one hand on belly — “I am safe to be here, and I can choose how much space I take.”

The Breath-Fight Pattern

Perinatal pressure imprint → urgency as identity

Adult presentation

**“If I slow down,
I will fail or die.”**

High achievement • panic under
deadlines • breath-holding •
intolerance of pause

Regression threshold

**Pressure
No breath
A fight to get through**

The younger self forms the vow: “I have to
force life.”

Composite case; details altered for teaching.

From panic pressure to calm power

The body learns that breath, choice and strength can coexist.

Shadow

Push.
Rush.
Hold breath and survive.

Gift

Vitality.
Agency.
The power to move
through.

Essence

Calm power.
Steady momentum.
Breath-led action.

Integration anchor: three slow breaths before action — “I can move with life without forcing life.”

Beyond “What happened to me?” lies
“What is life asking me to remember?”

LBL spiritual regression can widen the field from biography to purpose, archetypal guidance and soul-level meaning — when held with humility and clear boundaries.

biographical wound





archetypal meaning

Shadow-Gift-Essence Framework: Practical Session Guide

A Cyclical Process for Therapeutic and Coaching Practice

Step 1: SHADOW IDENTIFICATION



-  Notice the emotion
-  Identify body sensations (tightness, heat, numbness)
-  Name the protective strategy (avoid, control, please, perfect)
-  Recognize the story

Integration deepens

Step 2: COMPASSIONATE INQUIRY



Practitioner prompts:

- ? "What is this feeling trying to protect?"
- ? "What need is underneath this emotion?"
- ? "What matters so much that I feel this way?"



Concluding practice:





Non-judgmental witnessing, self-compassion.

Continuous practice.



Step 4: ESSENCE EMBODIMENT







-  Identify integrated qualities (courage, compassion, clarity, wisdom)
-  Visualize: "Who am I when this is integrated?"
-  Anchor: Body-based practice, affirmation, symbolic gesture
-  Express: Authentic action aligned with essence

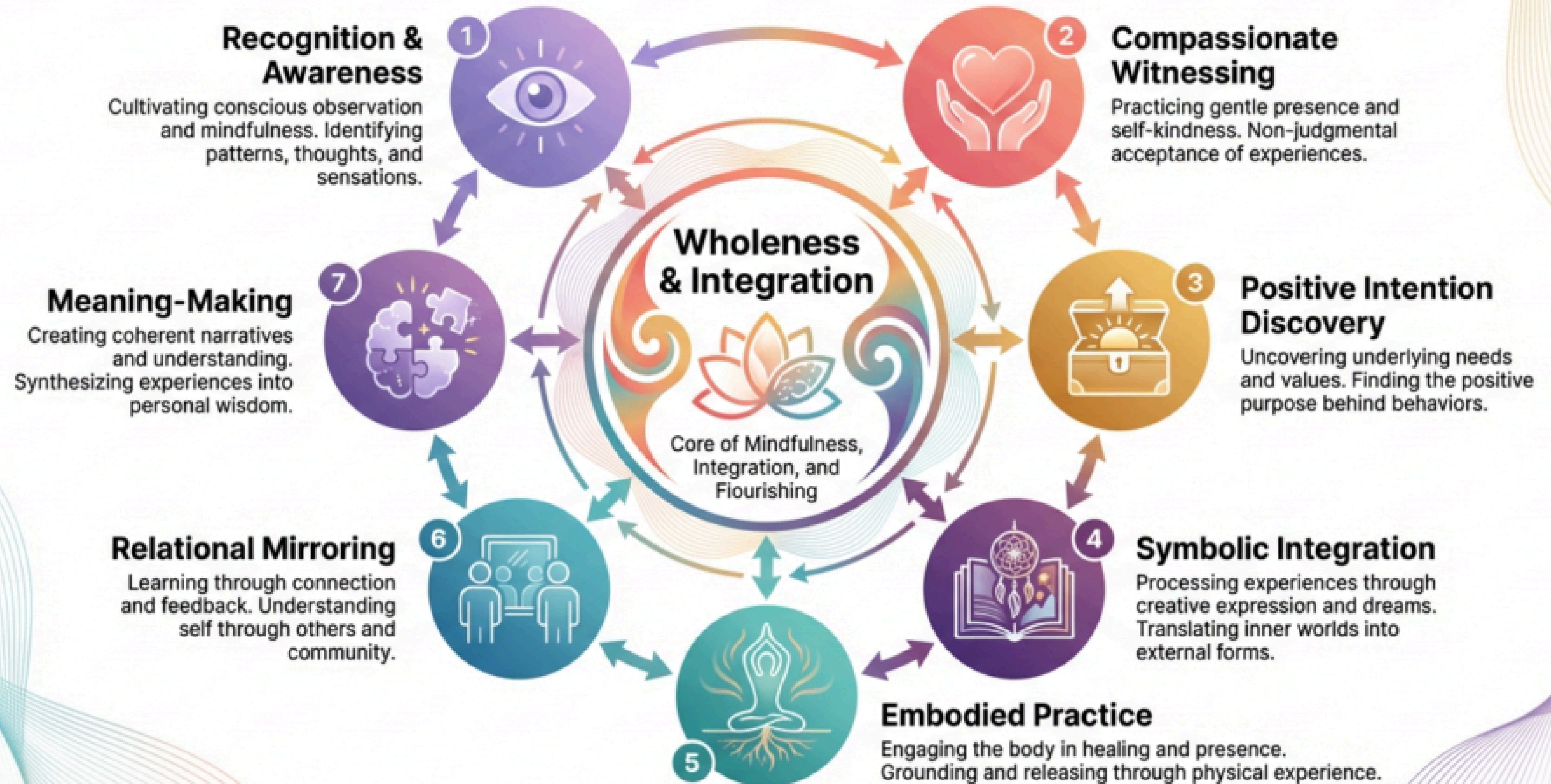
Integration deepens.

Step 3: GIFT DISCOVERY



-  Identify positive intention (safety, belonging, integrity, freedom)
-  Recognize adaptive intelligence (discernment, boundary-setting, attunement)
-  Name core value being protected
-  Reframe: From problem to resource

Integrative Transformation Model (ITM): Seven Transformation Mechanisms



A safe sequence for deep work

Safety is not a prelude to transformation; it is the condition that makes transformation possible.



**Consent +
scope**



**Resource
the body**



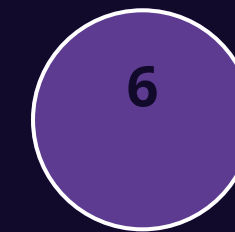
**Induction +
witness**



**Affect /
somatic bridge**



**Pre-/peri-
natal scene**



**S-G-E +
LBL widening**



**Embodied
closure**

Red flags: dissociation without stabilization • active psychosis • unmanaged suicidality • coercion • leading memory claims • work beyond scope of practice

Fundamental Peace

Not the absence of difficulty — a sustainable inner coherence beneath difficulty.

Self-acceptance
the protector is welcomed



**Emotional
integration**
affect can move without
flooding

**Inner–outer
alignment**
expression matches truth

Relational coherence
connection without self-
abandonment

Integrative Transformation Model: Consciousness Evolution & Human Flourishing

From Shadow Integration to Transcendent Wholeness

Consciousness Evolution Stages (Spiral Dynamics/Integral Theory)



Stage 1: Egocentric - Survival, Power, Self-Focus.



Stage 2: Ethnocentric - Belonging, Tradition, Group Identity.

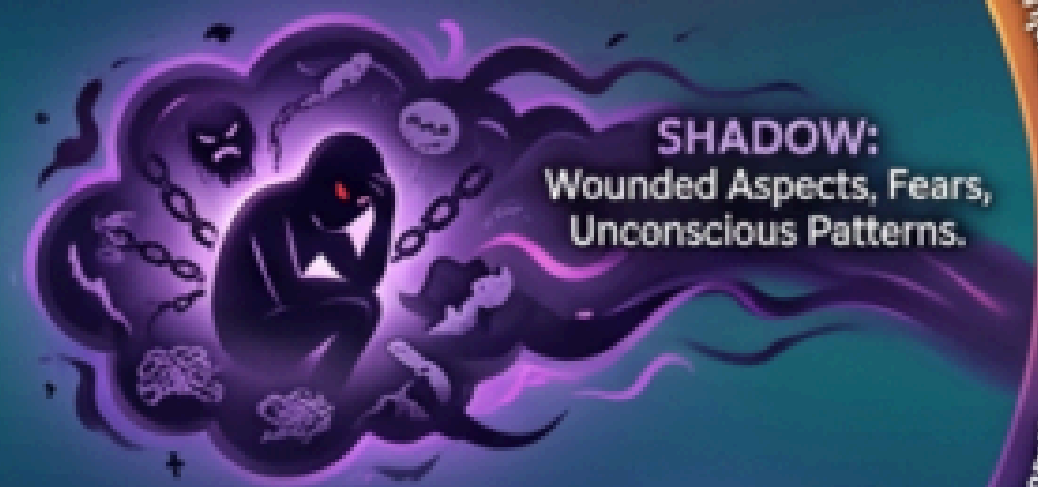


Stage 3: Worldcentric - Universal Care, Systems Thinking, Global Perspective.

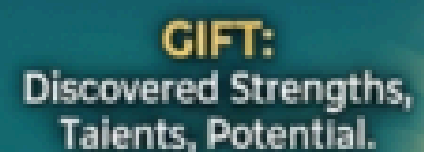


Stage 4: Kosmocentric - Unity Consciousness, Non-Dual Awareness, Transcendence.

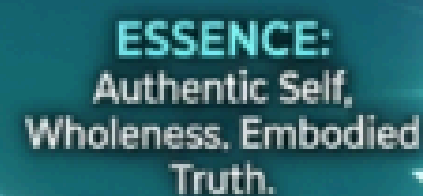
ITM Shadow-Gift-Essence Process



SHADOW:
Wounded Aspects, Fears,
Unconscious Patterns.



GIFT:
Discovered Strengths,
Talents, Potential.



ESSENCE:
Authentic Self,
Wholeness, Embodied
Truth.



Autonomy:
Self-Direction, Authenticity.



Competence:
Mastery, Effectiveness.



Relatedness:
Connection, Belonging.

Shadow Integration → Consciousness Evolution

Shadow work enables movement through consciousness stages.

Gift Discovery → Psychological Needs

Essence Embodiment → Human Flourishing

The Integrative Transformation Model: A Unified Framework



A bridge needs two strong banks

Neuroscience and spirituality can illuminate each other when neither is forced to erase the other.

Neuroscience can support

- prenatal learning and stress programming
- implicit / procedural memory
- trance as altered attention and connectivity
- body-based integration

humility

Spirituality can reveal

- symbolic meaning and archetype
- compassion beyond the biographical self
- soul-level purpose and belonging
- the felt reality of essence

Boundaries: transpersonal experiences are clinically meaningful but not uniformly empirically validated as historical or metaphysical facts.

Five touchstones for working with the earliest imprints

- 1 Track the body before the story.
- 2 Honor the protector before seeking change.
- 3 Treat regression scenes as meaningful, not automatically factual.
- 4 **Use S-G-E to convert defence into capacity.**
- 5 Close with embodied action: essence must enter daily life.

The deepest work is not to relive the beginning — it is to let the beginning be held by a larger consciousness.

CLOSING

Healing becomes not repair, but remembering.

A return to the wholeness that was present beneath
the imprint.

Q&A

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<https://gallardohypnotherapy.com/>



Key sources used in this lecture deck

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