

# **The Spiritual Umbilical Cord: Birth Trauma and Spiritual Connection**

By Dr. Michael Obsatz – March 2026

Otto Rank wrote about birth trauma in 1924 — over 100 years ago.

According to Rank, the separation from mother's womb is a trauma for infants as they emerge into the human world. Their needs are no longer automatically met, and infants need to learn to count on fallible human beings to keep them alive. Rank believed the cutting of the umbilical cord marked the beginning of trauma, suffering, and mental and emotional dysfunction.

This separation and need for trusting is Erik Erikson's first stage of development. How does one learn to trust the world when one's lifeline is severed?

The spiritual answer to this is to believe in Oneness Consciousness, where we are all connected — to Spirit or God, to oneself, to other humans, and to the earth and all living beings. This spiritual "umbilical cord" is the lasting bond/connection that will sustain and support us through the challenges of living in the world as it is.

How do we get there? We reconnect with Spirit/God through meditation, prayer, singing, nature — all reminding us we are not alone, and we have loving support surrounding us.

This spiritual connection brings us peace and love and compassion.

"We are the world, we are the children" are not just words from a song.

Jeffrey Wark, therapist, adds this about Buddhism: "Buddhism helps people connect spiritually by cultivating mindfulness and meditation practices that deepen awareness of the present moment and foster insight into the nature of suffering, impermanence, and the self. It also encourages ethical living, compassion, and wisdom through teachings such as the Four Noble Truths and the Eightfold Path, guiding individuals toward inner peace and a sense of interconnectedness with all beings."

They are the unifying force that comforts and sustains us as we navigate a world that needs all the love it can get.