



Monthly Family Constellation Call

Inheriting Your Birthright

EYES WIDE OPEN: THE MEMBERSHIP

TOPIC:

Life Force: Reclaiming Your Most Valuable Resource

OVERVIEW:

Letting go of emotional and energetic burdens from your ancestry so you have the energy you need for your own life.

NEXT STEPS:

You have goals and dreams for your life...financial, business, career, and more. In order to call these into being efficiently, you need to have access to a clear, vibrant flow of life force.

The problem is that life force comes to us from Source down through our ancestors, our parents, and to us.

If there were traumas (famine, divorce, early deaths, etc.) in the lives of your ancestors, it may be affecting the amount of life force that's available to you - whether you're close with family members or are estranged.

Additionally, you may find yourself carrying the burdens of "unfinished business" (e.g., old grief, unexpressed anger, frustrating circumstances) for the elders in your family who haven't made peace with the situations of their lives. Carrying these burdens for them can tie up massive amounts of your life force and make it difficult to fulfill your goals and dreams with ease.

So, what can you do if you suspect you're carrying burdens for your parents or other ancestors?

Here are 3 ways to free yourself

FROM ANCESTRAL BURDENS:

01.

Practice letting your parents and elders solve their own problems.

You may have developed a habit as a child of caretaking your mother or father. Perhaps you've always been their confidant or helped them get out of financial trouble. Begin working to consciously see them differently and to shift yourself out of that role. It can help to actively look for their strengths and see the ways they've been resourceful throughout their life.

(If you're having to care for an aging parent, you may logistically have to be a bit bigger than him or her for a while. This will pass. In the meantime, try to allow your parent's soul the space to feel and process whatever feelings might arise for them - without you trying to do it for them. Do your best to keep your own needs for self-care, emotional support, etc. as a high priority so you don't get drained.)



02.

Work with your prayers or altar.

We might struggle to let our parents and ancestors carry their own pain and challenges because we sense they aren't strong enough or don't have what they need (e.g., love, support) to carry these without our interference. Imagine how the child of a father who was badly abused might feel. Or imagine how the daughter of a lineage of women who were suppressed by fundamentalist religious ideals might feel.

Whether conscious or unconscious, our love for those who came before us can cause us to take on their pain and emotional or situational challenges, or to put ourselves in the role of being their protectors, advocates, etc.

If this resonates with your situation, you can still give burdens back to your elders. BUT here's something that might make it a lot easier for you:

If you pray, consider asking your parent's or grandparent's support team (ancestors, angels, loved ones, etc.) to come and support them. Ask that your loved ones can get what they need from someone who is bigger than them and more equipped to help without becoming drained. (Because you actually are too small to do it.)

If you have an altar, you could set up stones or figurines or something that would remind you of your beloved parent, or grandparent, etc., and then place symbols of support all around them. Infuse those items with prayer and intention.

When you feel that your elder is being supported...you can begin the process of energetically and emotionally giving back to them what's theirs to carry and not yours.

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04.

Get support through someone who's skilled working to shift ancestral dynamics.

Some people have good experiences working with shamans, mediums, or indigenous medicine people. For me, as a person living in modern society in the West, the most graceful and effective modality I've found for shifting ancestral and family dynamics is Family Constellation Therapy.

You can do some research into what methods align best with you. Please keep in mind though that working with your lineage and ancestral field can be tender, so whichever kind of support you get, be sure your practitioner has a good reputation, and that you feel very safe and respected by them.

Coming into right relationship with our parents and ancestors is often a lifelong process that reaps rewards at every step. It's a journey filled with ups and downs, in which we might confront old wounds...but also reclaim sacred parts of ourselves, discover hidden sources of love, and gain unimaginable strength and freedom.



May you be blessed on the journey!

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