

# Steps of Unburdening a Legacy Burden

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1. Identify legacy burden (or % of the burden that is legacy)
2. Ask clients parts if they would like to unload the legacy burden that they inherited.
  - a. Ask parts if there is any reason they need to hold onto this burden?
3. Address all parts fears and concern of unloading the burden

When parts are ready to move into the unburdening stage:

1. Ask client to invite in the Self or highest positive potential of the parent(s) or ancestor they inherited this burden from. Then ask them to invite in any and all ancestors, known and unknown that also carry this burden.
2. How are they feeling toward their parents and ancestors? Have client unblend before proceeding.
3. Ask if there is witnessing needed? Any stories, feelings etc that need to be fully seen and understood. (this may happen at any time during this process) Frequently no witnessing is need for LB unburdening.
4. Ask client to take the inherited burden, or inherited portion of the burden, out of their body and pass it back to the ancestor they inherited it from.
  - a. It is not uncommon for parts to be hesitant at this request, they do not want to hurt/burden the parent. Let them know, this is their parents' burden, it is just returning to its' source, not adding more burden. Also reassure that we will be inviting the parent/ancestor, to pass back the burden they inherited.
5. Invite parent(s) to do the same; take the inherited burden out of their bodies and pass it back.
6. Ask client to continue this process and let you know when the burden reaches the end of the generational line.
7. Ask client what would they like the ancestor at the end of the line to give the burden to.
  - a. have ancestor release the burden to chosen element
8. Ask client what qualities they would like to invite in, what belongs, what's needed, what may have been push out by the burden? (Invitation)
  - a. have ancestor at end of the line take in the qualities, then pass them forward down the generational line to parent, to client to take in.
9. Check to see how all are doing? Ask if anything else needs to happen.
10. Invite any and all parts to see/be updated to the unburdening that just happened.
11. Thank all ancestor and parts

Note: If client has children, invite the children in (their child's Self) that carry this legacy burden. Do this at the beginning when inviting the ancestors. Ask them, "if they are ready", they can unburden what they inherited, and the process of passing back begins with them. After the unburdening, when the qualities are being pass back down the generational line, the client then pass the new qualities to their children.

*I have share with you what I have learned and integrated from Michi Rose, Barb Cargill, family constellation work and shamanism. (just to name a few of my major influences) I have written a chapter on working with legacy burden in: "IFS, Innovations and Elaborations in Internal Family System Therapy" Edited by Martha Sweezy and Ellen Ziskind. I encourage you all to play with these concepts and find what works best for you and your clients knowing that legacy burdens are a real phenomena and that IFS has provided a basic framework to work with and unburden our inherited familiar and cultural burdens.*