

LEGACY BURDENS

Audio - Intro

Hello. My name is Kay Gardner. I am an IFS solo lead trainer and have been involved with IFS for some 30 years. Really got involved on the ground floor of IFS and really the development of the model, bringing the model out into the world.

And about a year or two into my teaching and into my adventure with IFS, I had heard about a woman. She came to an IFS conference and was talking about this concept of legacy burdens. And I am very apologetic because I don't remember her name. She kind of came and went in our community. She moved away, and no one ever heard from her again.

But she talked about legacy burdens, but she didn't talk about how to heal them. She just talked about them as a concept. And as I felt into that, I knew that this was something real. I knew it was something that I was going to pursue. So probably about 30 years ago, I went on an adventure to learn about this.

How am I going to help people in working with this? I knew that I had legacy burdens, and I began quite a bit of studying. I studied with a South American shaman, Alberto Villoldo. I studied with some native American people. I studied with a variety of energy workers.

And I read Rupert Sheldrake, who talks about morphic fields. And I knew that whatever happened with these legacy burdens, it was going to have to be an energetic process. We're going to have to work at it energetically. So I began to learn about energy and how to work with it and how to transmit it and how to shift it. And so for years and years, I taught legacy burdens and IFS with a particular energetic pattern of passing the energy back.

So what you're going to hear in this soundtrack, really, is me passing the energy back and helping people to pass that back. I want to honor two other of my colleagues, Michi Rose and Barbara Cargill, who also were interested in working energetically and working with these legacy burdens. So the three of us really began to put this together kind of separately. But they were crossing over and found some familiarity. And then about three or four years ago, right before the pandemic, lots of people know my passion about legacy burdens.

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So suddenly there were all these books and there were all these people doing a lot with this information, and I didn't want to read any of them because I thought, well, this is my exploration. I want to find this on my own. I don't want to know what other people are doing. But one person's name kept crossing my path. Daniel Foor, who wrote a book called Ancestral Medicine.

Someone sent me his book. I cracked the book reluctantly, and then I listened to a video that he did, and I was really impressed with him and the work that he was doing. So I thought, I'm going to listen some more. And then I thought, I'm going to take his training. And so I just want to take a moment to just really honor this idea of the whole and well ancestor.

And the cocoon of healing really comes from Daniel's work. So thank you, Daniel, for that contribution to what I was already learning in the world, and I just want to acknowledge him. So welcome. And I'm hoping that as you peruse this exploration, working with legacy burdens, knowing that you can also work with cultural burdens, with what I've shared with you. Legacy burdens are what come through from the ancestors, but cultural burdens can be worked with the same way.

It's what comes through in our culture. So I hope that this exploration is helpful for you and healing for you and something that you can use when you encounter a legacy burden within yourself. So thank you so much.