

LEGACY BURDENS

Track 2

So, taking a moment right now to just feel into a legacy burden that you may want to do some work with. Just taking a moment to just notice what is it that you carry that doesn't belong to you.

Taking a moment to decide what to work with.

And when you have chosen, let's just take some time to be with that and turning your attention down into your body and just notice where is it that you carry that burden. Just notice where this lives in your body. And notice, is it deep within your body? Is it on the surface of your body? Does it live outside your body? In your head? Just taking a moment to notice where it lives inside of you and then beginning to notice how it lives there. Is there a particular sensation that goes along with this? Is it thick? Is it thin? Is it deep within the body? Is it more towards the surface? Beginning to notice, does it have a color to it? And then noticing if there's any feelings or emotions connected to this part and if this were a part of you, is this a younger part, is it older? And begin to allow the part to show itself to you and just notice how long has it been with you. Did it come in at a certain age, did it come in with.

And noticing this energy, just notice how much of it belongs to you and how much of it belongs to someone else. And asking the part of you that it just belongs to you. Asking that to separate out and let's feel into this part that belongs to someone else. And noticing, whose energy is this that your mother, that your father, a stepparent perhaps. But allowing yourself to see where did this come from? If it comes from one of your parents, just check and see. Does it go back even further? Does it go to your grandparent? Does it go to a great grandparent and see if you can begin to feel into the lineage that this energy came through on and inviting that lineage to show up, inviting in those ancestors, the parent, the grandparent, the great grandparent, the great great, and following that lineage back in time, as far back as this energy has been in it. And then I'm going to ask something else of you. I'm going to ask you to go so far back in this lineage that you find an ancestor that does not carry this energy, that you find an ancestor who is whole and well and carries the ability to help to heal the rest of this ancestor line.

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And you may have to go far back. You may have to go back thousands of years, hundreds, thousands, or you may just have to go back a few. But calling in that ancestor who is whole and well and if an ancestor shows up ask it are you whole and well and willing to help? If they say no just thank them and keep waiting. And when an ancestor shows up taking some time to get to know them, where are they from? What is life like where they live? See if they're at one with themselves and with the land, see what they want you to know about their lives and see what they want for you and this ancestor line who has experienced much hurt and then ask them are they willing to help.

And if they say yes, it's taking a moment to ask them to weave a web, a cocoon around this entire ancestor line, a cocoon of healing.

The way around all the way back from where they are down the ancestor line all the way back to this parent that this began with you weaving that web of healing all the way down to the last deceased ancestor and.

